

CHEF JAMAL

IBN ARABIA

presents...



## International Cuisine

sponsored by:

O-3 Womens Group

Corps of Engineers: Riyadh, S.A.

### KITCHEN PRAYER

Lord, bless my little kitchen,  
I love its every nook,  
And bless me as I do my work,  
Wash pots and pans and cook.

And may the meals that I prepare  
Be seasoned from above  
With Thy great blessing and Thy grace,  
But most of all, Thy love.

As we partake of earthly food,  
The table before us spread,  
We'll not forget to thank the Lord,  
Who gives us daily bread.

So bless my little kitchen, Lord.  
and those who enter in.....  
May they find nought but joy and peace  
and happiness therein.

### DEDICATION

The O-3 Women's Group, Corps of Engineers, Riyadh, Saudi Arabia, dedicates this book to creative cooks everywhere. We sincerely hope you'll try many of the recipes we've gathered from around the world. With our friend, Chef Jamal, we wish you all Bon Appetit!

#### O-3 Women's Group Officers 1983-1984

President	Judy McDaniel
Vice President	Diane Osmundson
Secretary	Kay Faglie
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### ACKNOWLEDGEMENTS

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## ABBREVIATIONS

teaspoon	=	tsp.	hour(s)	=	hr(s).
Tablespoon	=	Tbsp.	dozen	=	doz.
cup	=	C.	moderate	=	mod.
pint	=	pt.	small	=	sm.
quart	=	qt.	medium	=	med.
ounce	=	oz.	large	=	lg.
pound	=	lb.	package	=	pkg.
minute	=	min.	Kilogram	=	Kg.
			gram	=	gm.

## METRIC CONVERSIONS

### LIQUID:

1 Tablespoon	=	15 milliliters
1 teaspoon	=	5 milliliters
1/2 teaspoon	=	2.5 milliliters
1/4 teaspoon	=	1.25 milliliters
1 ounce	=	29.58 milliliters
1 quart	=	.9464 liters
1 gallon	=	3.7854 liters
1 cup	=	250 milliliters or 1/4 liter
1/4 cup	=	62.5 milliliters

### DRY:

1 ounce	=	29 grams
1 pound	=	454 grams

## STANDARD MEASUREMENTS

3 teaspoons	=	1 Tablespoon
2 cups	=	1 pint
2 pints	=	1 quart
4 quarts	=	1 gallon
16 ounces	=	1 pound
Dash	=	less than 1/8 teaspoon
16 Tablespoons	=	1 cup
7/8 cup	=	1 cup minus 2 Tablespoons
4 Tablespoons	=	1/4 cup

## OVEN TEMPERATURES

slow	=	300 - 350 degrees
moderate	=	350 - 400 degrees
hot	=	400 degrees and above

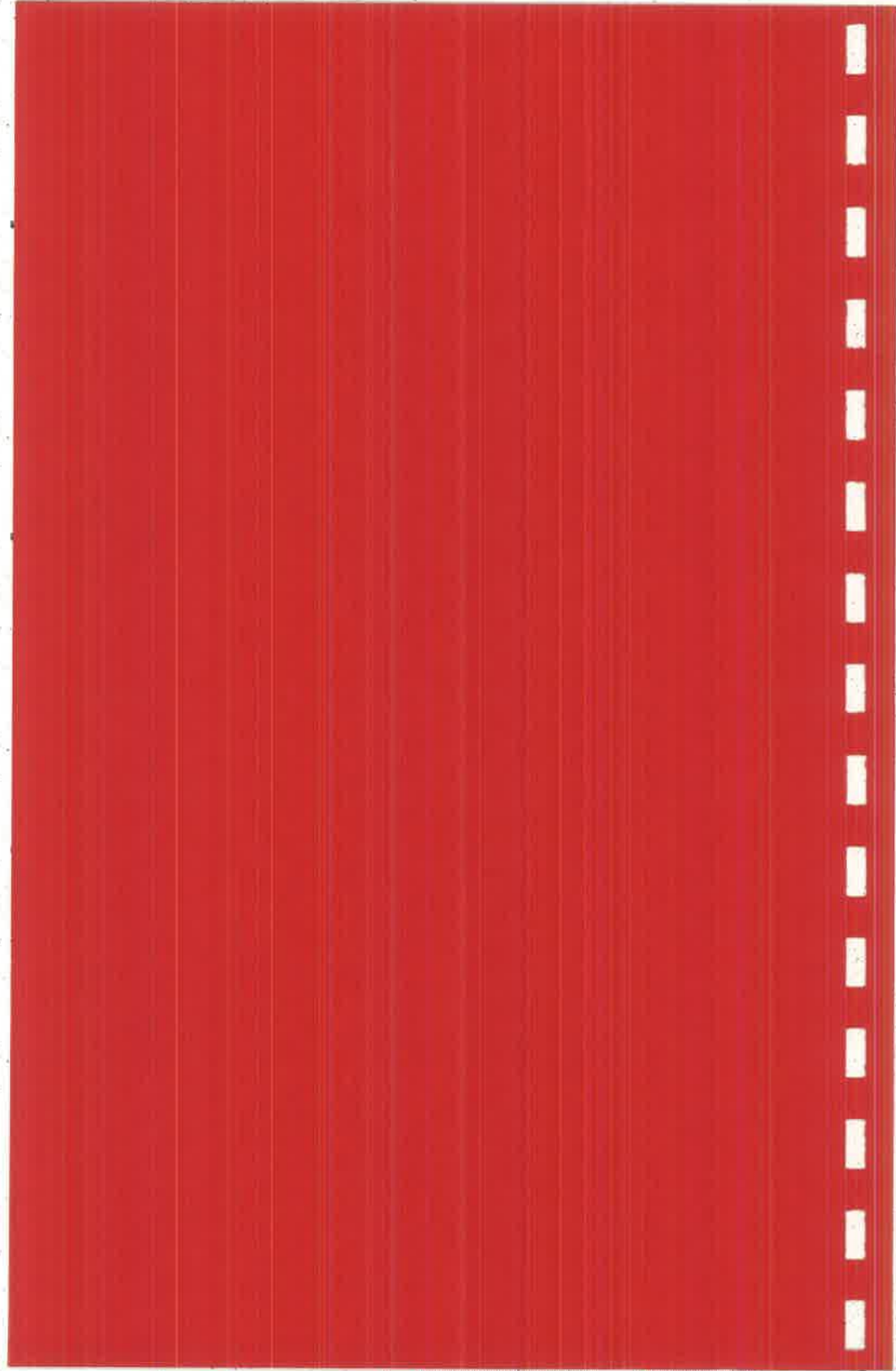
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In  
The  
Beginning





### CHEESE BALL

- 1 (8-oz.) pkg. cream cheese
- 1 (8-oz.) can crushed pineapple, well drained
- 1 C. finely chopped bell pepper
- 1 C. chopped pecans
- 2 Tbsp. finely chopped onion
- 1 Tbsp. seasoned salt

Let cream cheese soften. Drain pineapple while you are chopping other ingredients. Mix together all ingredients thoroughly. Put in refrigerator and chill until you are ready to make the ball. Shape into a ball and roll ball in 1 C. finely chopped nuts. Keep covered in refrigerator until ready to use. Serve with favorite crackers.

Becky Farrell  
Riyadh

### CHEESE BALL

- 1 tsp. garlic salt
- 1 tsp. salt
- 2 Tbsp. grated onion
- 2 (8-oz. ea.) pkgs. cream cheese
- 1 (8-oz.) can crushed pineapple, drained
- 1 C. finely chopped green pepper
- 2 C. chopped nuts

Mix all ingredients together. Save one cup of nuts to roll ball in. Sprinkle with parsley flakes. Chill at least 3-4 hours so flavors will blend.

Bonnie Benton  
Riyadh

### CHEESE BALL

- 1 (8-oz.) pkg. cream cheese, softened
- 1 (4-oz.) pkg. grated cheddar cheese
- 1 tsp. chopped onion
- 1 C. chopped olives
- 2 tsp. Worcestershire sauce

Mix above ingredients together well; shape into a ball. Stick olives on toothpicks on top of ball. Chill 1 hour.

Vicki Brecht  
Riyadh

## OLIVE CHEESE BALLS

SERVES: 3 Dozen

- 2 C. (8-oz.) shredded cheddar cheese
- 1 C. all-purpose flour
- 1 C. butter or margarine, melted
- 36 sm. olives, pimento-stuffed

Mix together the cheese and flour. Add melted butter and mix thoroughly. (If dough is dry, work it with your hands.) Mold 1 teaspoon of dough around each olive and shape into a ball. Place on ungreased cookie sheet and refrigerate at least 1 hour. Preheat oven to 400°. Bake cheese balls for 15-20 minutes, or til golden brown.

Sue Westerberg  
Riyadh

## BENEDICTINE SPREAD

- 1 sm. onion, peeled and chopped
- 1 cucumber, chopped
- 1 (8-oz.) pkg. cream cheese, softened
- 1 tsp. salt
- dash of garlic powder (optional)
- green food coloring

Combine all ingredients. Use as spread on dainty luncheon sandwiches with crusts removed from bread, or on crackers.

Julie Fulner  
Riyadh

## BEAN DIP

SERVES 30

- 4 C. pinto beans
- 2 C. chopped onion
- 3 cloves garlic, pressed
- 2 tsp. ground cumi: seed
- 6 Tbsp. bacon drippings
- 6 Tbsp. chili paste or chili powder
- 1 C. butter
- 1/2 lb. sharp cheddar cheese, grated
- dash of salsa picante
- salt to taste

Soak beans overnight and boil in 10 cups of water. Remove from heat, cover and let stand 1 hour. Add onions, garlic, cumin seed and bacon drippings. Simmer until very soft - 3 to 4 hours - stirring occasionally with a wooden spoon. If additional water is needed, use boiling water as cold water darkens beans. When beans are soft, add

chili powder and continue cooking for a few minutes. Add salt to taste -about 3 teaspoons. **SALTING TOO SOON HARDENS BEANS.** While beans are still warm, mash in butter, cheese and hot sauce. Whirl in blender until smooth. Serve in chafing dish, warm, with corn chips. This recipe freezes well.

Hint: May be rolled in soft flour tortilla with salsa picante and grated cheese. Heat in oven or microwave just until hot.

Fred Wilson, Jr.  
Texas

#### MEXICAN REFRIED BEAN DIP

This dip is done in layers and should be put in high sided casserole type of dish.

First layer:

1 lg. can of refried beans with garlic salt to taste. Cover bottom of dish with this and cover beans with a layer of chopped green onions.

Second layer:

2 ripe avocados mashed and mixed with tabasco to taste and 1 teaspoon lemon juice. Spread over beans and green onions.

Third layer:

1 C. sour cream and 1 C. of mayonnaise mixed together and spread over first two layers.

Fourth layer:

Grate sharp cheddar cheese and mix with chopped black olives and sprinkle over top.

Refrigerate for 2 hours before serving.

Patti Stapleford  
KKMC-Mexico

#### HOT CHIPPED BEEF

- 2 (8-oz. ea.) pkg. cream cheese
- 4 Tbsp. milk (sweet)
- 1/2 C. chopped green pepper
- 2 jars finely chopped cut dried beef
- 4 Tbsp. dried onion flakes

- 1 tsp. garlic powder
- 1/2 tsp. pepper

Fold in 1 cup sour cream. Sprinkle with crushed pecans or walnuts. Bake 45 minutes at 250°. Serve with crackers or chips.

Bernice Coulter  
Khamis Mushayt

#### HOT BEEF DIP

- 1/4 C. chopped onion
- 1 Tbsp. butter
- 1 C. milk
- 1 (8-oz.) pkg. cream cheese
- 1 C. chopped dried beef
- 1 (8-oz.) can sliced mushrooms, drained
- 1/2 C. Parmesan cheese
- 2 Tbsp. chopped parsley

Saute onions in butter until tender. Stir in milk and cream cheese, mixing until well blended. Add other ingredients. Serve hot in chafing dish with your choice of crackers or rye bread rounds toasted. (I serve it in my electric fondue pot.)

Barbara Brundage  
Khamis Mushayt

#### CANADA GRASS DIP

- 1 box frozen chopped spinach (thawed and squeezed dry)
- 1 C. sour cream
- 1 C. mayonnaise
- 1 can water chestnuts, drained and chopped
- 1 Tbsp. dry onions OR 1 green onion, chopped
- 1 pkg. Knorr Spring Vegetable dry soup mix

Mix together and serve with bread chunks or raw vegetables.

Sue Westerberg  
Riyadh

#### HOT CLAM DIP

- 2 cans minced clams
- 1 Tbsp. lemon juice
- 1/4 C. butter

### Chop:

- 1 onion
- 1/2 green pepper
- 1 garlic clove
- 1 tsp. oregano
- 1 tsp. hot pepper (tabasco)
- 1/2 C. bread crumbs
- 1 Tbsp. chopped parsley

Mix all ingredients above with clams and juice.

Marcella Hernandez  
Riyadh

### CRABMEAT DIP

- 2 cans crabmeat
- 2 lg. pkgs. cream cheese
- 1/2 C. onion, minced
- 2 tsp. Worcestershire sauce
- Salt and Pepper

Mix all ingredients together. Bake at 350° until top is bubbly.

Rose Rogers  
Dhahran

### HOT CRAB DIP

- 8 oz. cream cheese (softened)
- 1 Tbsp. milk
- 6-1/2 oz. can crabmeat
- 2 Tbsp. grated onion
- 1/2 tsp. horseradish
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/3 C. slivered almonds (optional)

Blend well and spoon into oven-proof dish. Bake at 375° for 20 minutes. Delicious served with shredded wheat crackers.

J. Toni Hedrick  
Riyadh

### GUACAMOLE

- 4 med. ripe avocados
- 2 Tbsp. lime juice

- 1 tsp. salt
- 1 tsp. garlic powder
- 1/2 C. minced onion
- 1 sm. tomato, diced
- 1 C. sour cream
- 1/2 C. mayonnaise

Mash avocados; add other ingredients and mix well. Cover and chill.

Karin Toomey  
Riyadh

#### HOLLANDSE KAASDOAP (DUTCH CHEESE DIP)

- 50 gr. butter (2 oz.)
- 50 gr. flour (2 oz.)
- 4 dl. beef broth (1/2 qt.)
- 1 dl. milk (1/2 qt.)
- 250 gr. moderate old "Goudse" cheese (little more than 1/2 lb.)
- 2 egg yolks
- salt
- pepper
- 2 Tbsp. parsley
- 1 Tbsp. chervi
- 1 Tbsp. chives
- 1 Tbsp. minced onion

Melt butter and add flour. Stir well, keep stirring while you gradually add the broth and the milk. Make a smooth sauce. Add the cheese in small pieces and let melt in the sauce while stirring. Combine egg yolks and 2 Tbsp. water, add some of the warm sauce and pour the egg mixture in the rest of the sauce. Stir in the rest of the ingredients and keep the sauce warm, but don't let boil anymore. Dip little pieces of french bread in sauce and enjoy.

Elly Hebbenaar  
KKMC-Holland

#### HUMMOS

- 1 20-oz. can chick peas
- 1/2 C. sesame oil (tahini)
- 1/4 C. lemon juice
- 1/4 C. chopped parsley
- 1 clove garlic, minced
- 1 tsp. salt
- 1/2 tsp. pepper

Rinse chick peas with cold water, drain well. Puree peas in blender. Beat lemon juice into oil very gradually; beat in garlic and 1/2 tsp. salt. Combine lemon juice and oil mixture with peas and 1/2 tsp. salt, and pepper, mixing thoroughly. Spread on flat dish and sprinkle with parsley. Serve with pieces of flat Arab bread. Makes 2 cups.

"Ancient Arab Recipe"  
Castle Cookery

#### RYE BREAD DIP

Make 1 day ahead:

- 1 C. sour cream
- 2/3 C. Hellmann's mayonnaise
- 1 tsp. Beaumonde spice
- 1 tsp. dill seed
- 1 Tbsp. dried onion flakes
- 1 Tbsp. parsley flakes

Blend all ingredients. Add drop of green food color if desired. One loaf round rye bread. Cut off top and tear out center. Fill hollowed loaf of bread with dip. Break up remaining bread and put around loaf to dip.

Mary Ellen Smith  
Riyadh

#### SHRIMP AND PEPPER DIP

- 2 pkg. (8-oz. ea.) Philadelphia cream cheese
- 1 C. Hellmann's mayonnaise
- 2 tsp. Tabasco sauce
- 1 tsp. lemon juice

Mix all ingredients with beater until creamy. Add 1 small onion, chopped with 1 small green pepper, chopped. Add 1-1/2 C. cooked chopped shrimp (frozen may be used) and a dash of garlic powder.

Joan Wilson  
Riyadh

#### SHRIMP DIP

- 1/2 qt. mayonnaise
- 2 (4-1/2-oz. ea.) cans cooked shrimp
- juice of 1 lemon

- 2 Tbsp. Worcestershire sauce
- 1 sm. onion, finely chopped

Drain shrimp and mash. Add all ingredients and mix well. This is better if made one to two days before serving.

Martha Holton  
Riyadh

#### SPINACH DIP

- 2 C. mayonnaise
- 1/2 C. chopped onions
- 1/2 C. chopped parsley
- 1 (10-oz.) pkg. chopped spinach, defrosted and well drained
- 1/8 tsp. garlic salt
- dash pepper

Mix spinach, onions, parsley and seasonings together; add mayonnaise a bit at a time. Chill; allow flavors to blend together before serving, at least three hours.

Bernadette Ostrauski  
Khamis Mushayt

#### SPINACH DIP

- 3 pkg. frozen spinach
- 1 C. chopped green onion
- 1 (16-oz.) carton sour cream
- 2 C. mayonnaise
- 2 tsp. seasoned salt
- 1-1/2 tsp. oregano
- 1 tsp. dill
- juice of 1 lemon
- 1 lg. cabbage

Cook spinach and drain. Stir in next 7 ingredients. Chill. Trim core end of cabbage. Cut a crosswise slice from top, wide enough to remove about 1/2 of the head. Form a shell about 1" thick. Spoon dip into cabbage. Serve with favorite crackers.

Judy McDaniel  
Riyadh

#### DIP FOR RAW VEGETABLES

SERVES: 2 cups

- 1 (8-oz.) carton sour cream

- 1 C. mayonnaise
- 1-1/2 tsp. grated onion
- 1/2 tsp. Worcestershire sauce
- 1 tsp. dry mustard
- chopped chives to taste
- 1 tsp. horseradish
- Garlic salt to taste
- 1/4-1/2 2 tsp. lemon-pepper seasoning

Combine all ingredients; chill several hours or overnight. Serve with raw vegetables.

Bonnie Benton  
Riyadh

#### VEGETABLE DIP

- 1 C. mayonnaise
- 1/2 C. chili sauce
- 1 Tbsp. horseradish
- 1 Tbsp. chopped green onion
- 1/4 tsp. salt
- 1/4 tsp. paprika
- dash pepper

Mix all ingredients together and chill. Serve with assorted raw vegetables.

Diane Osmundson  
Riyadh

#### HOT TACO DIP

- 1 (14 1/2-oz.) can tomatoes, drained
- 1 (15-oz.) can tomato sauce
- 1 tsp. vinegar
- 1 tsp. sugar
- 1 onion, chopped
- 2 or 3 jalapeno hot peppers, chopped (use according to taste)

Put together in blender. Heat and serve with taco chips.

Glenda Peak  
Riyadh

#### SANTA FE TOSTADA

SERVES: Party

- 2 cans refried beans (16-oz. ea.)
- 1 (2-oz.) can sliced ripe olives

- 1 jar picante/taco sauce
- 2 containers avocado dip
- 1 lb. cheddar cheese, grated

Spread refried beans in an even layer over large platter. Make a second layer of black olives and pour the picante/taco sauce evenly over layers. Then spread the avocado dip over the layer like icing. Sprinkle the grated cheese over the entire surface. Serve with corn chips or dorito chips.

Jo Enger  
Riyadh

## BEEF JERKEY

- 2 lb. flank steak, cut about 1/8" thick (cut with grain)

### Marinade:

- 1 C. red wine
- 1 6-oz. can pineapple juice
- 1/4-1/2 C. soy sauce
- 1 Tbsp. worchestershire
- 1/2-3/4 C. teriyaki sauce
- 1/2-1 tsp. garlic powder
- 1/2 1 tsp. onion powder
- 1/4 C. chopped onion (optional)

Slice steak. Marinate at least 8 hours in refrigerator. Then lay (in one layer) on cookie sheet or broiler pan and cook in 175° oven overnight or until done.

Betty McReynolds  
Riyadh

## ROYAL CHEESE CROWNS

Makes about 50

- 1 (16-oz.) pkg. wonton skins
- 2 lb. sharp cheddar cheese
- 1 (8-oz.) can whole water chestnuts
- 1 egg, beaten
- 3 Tbsp. seasoned salt
- 3 C. peanut oil

Cut cheese into 1/2-inch cubes. Cut water chestnuts in half. Place a cube of cheese and half a water chestnut in the center of each wonton skin. Sprinkle with seasoned salt. Moisten edge of wonton skin with beaten egg; pinch corners together to form a triangle, then press the two

opposite edges together to form a "crown". Fry in hot oil (425°) until golden. Serve while hot.

Hint: Minced shrimp or crab meat may also be used in place of the water chestnuts.

Sue Westerberg  
Riyadh

#### PETITE CHEESE CUPS

Makes 12

- 12 slices white bread
- 1 Tbsp. butter or margarine, softened
- 4 slices bacon, crisp-cooked, drained, and crumbled
- 1 beaten egg
- 1/2 C. whipping cream
- 1 Tbsp. snipped chives
- 1/8 tsp. ground red pepper
- 1/2 C. shredded cheddar cheese
- 3 cherry tomatoes, quartered

Cut a 3-inch round from the center of each slice of bread. (Make crumbs with bread trimmings to use another time.) Roll out each round with rolling pin to flatten slightly. Grease twelve 2 3/4-inch muffin pans with the butter or margarine, spreading over bottom and about 1/2 inch up sides. Press one bread round in each pan to form a cup. Bake in a 350° oven for 5 to 7 minutes. Divide bacon among cups. Combine egg, whipping cream, chives, and red pepper, divide among cups. Sprinkle with cheese. Bake in a 350° oven for 10 to 12 minutes. Let stand 2 minutes before removing to plate. Garnish with little cherry tomatoes that have been quartered.

Charlotte Foley  
Riyadh

#### CRABWICHES

SERVES: 12

- 1 stick soft butter
- 1 jar old English cheese spread
- 1-1/2 tsp. mayonnaise
- dash garlic salt
- 1 7-oz. can crab meat (1/2 lb.)
- 6 English muffins, split

Combine butter and cheese. Add mayonnaise, salt and crab meat.

Spread on muffins. Freeze 10 minutes. Cut in fourths and broil (about 10 minutes).

These may be frozen ahead of time.

Linda Thomason  
Riyadh

#### KIBBEH - "A Saudi Treat"

- 1 lb. finely ground meat (beef or lamb)
- 2 C. cracked wheat (burghul)
- 1 sm. onion
- 2 tsp. salt
- 1 tsp. allspice
- 1/2 tsp. ground black pepper

Clean the cracked wheat and wash about three times. Soak it in warm water for about 1/2 hour, until it swells; strain it. Pound or mash the onion, salt and spices together. Add the ground meat and cracked wheat. Knead this mixture, or grind it very well.

#### Stuffing:

- 1 lb. ground beef
- 2 onions chopped
- 1/4 C. pine nuts
- 2 Tbsp. shortening
- 1 tsp. salt

Fry the pine nuts in the shortening until light brown. Add the onion and continue frying. Add the ground beef and salt with a dash of allspice and black pepper. Continue frying until meat is done.

#### FOR FRIED KIBBEH:

Add about 1/2 cup of flour to the dough. Mix it well. Take the dough in small lumps (about the size of walnuts) and roll it in your hands. With your finger, pierce through while rolling. Fill the hole with the stuffing and seal it to an egg shape. Fry in deep fat until brown.

#### FOR BAKED KIBBEH:

Use a 9 1/2x11" tray. Rub with oil and spread the dough to form a layer about 1/4 inch thick. Spread the stuffing over it. Spread the remaining dough on top of the stuffing. Brush the top with shortening, and bake at 350° for 30 minutes.

Hiyam Ramini  
Riyadh

## EMPANADAS

### DOUGH:

- 1 C. butter (room temp.)
- 8 oz. cream cheese
- 1/2 tsp. salt
- 2 C. flour

Blend butter and cheese, add salt and flour until smooth. Pat into a square on a plate. Refrigerate overnight or 15 minutes in freezer (until hard). Cut into fourths. Remove one fourth at a time and roll on a well floured surface.

### FILLING: (Enough for 2 batches)

- 3/4 lb. ground beef
- 1/4 C. chopped onion
- 1/4 pkg. dry taco mix
- 1/4 C. water
- 1 10-oz. can tomatoes
- 1 tsp. Lowry's seasoned salt (or similar seasoning)
- 1/4 C. chopped green pepper
- 1/4 C. Parmesan cheese (optional)
- 1 sharp, grated cheddar cheese

Cook beef til crumbly. Add all but the cheese. Cook 5 minutes more. Add cheese. Cool meat mixture in refrigerator. Roll the dough and cut into circles with the top of a medium to large glass. Put 1 tsp. filling in dough, fold, and crimp with a floured fork. Brush the top with egg yolk mixed with 2 tsp. milk. Bake on a greased cookie sheet unfrozen -- 25 minutes at 400 degrees; frozen -- 35 minutes at 400 degrees.

Regina Topp  
KKMC

## LUMPIA

(Combination of Spring Rolls & Egg Rolls Recipe)

- 2 Tbsp. oil
- 1 Tbsp. garlic (fresh)
- 1 pc. onion
- 1 pc. tomato
- 1 lb. sliced pork or ground beef
- 3/4 C. almond nuts
- 1 C. carrots
- 3 Tbsp. vinegar
- 2 Tbsp. toyo (soy sauce)
- 1/2 tsp. sugar

- 1 C. green beans (fresh, any kind)
- 2 C. cabbage
- 1/2 C. fresh green or red sweet pepper
- 1 tsp. salt
- 3/4 tsp. black pepper
- 3/4 tsp. MSG (Accent)
- 3 beaten eggs
- 2 Tbsp. powdered garlic

Heat oil and saute pork or beef in garlic, onions and tomatoes. Add chopped or grated vegetables and remaining 11 ingredients (in order as listed). Mix eggs and add powdered garlic to the cooked ingredients while still hot. Wrap in lumpia rapper and keep in freezer for a while. Remember to fry it in hot oil while the wrapper is still frozen (from the freezer direct to the pan).

#### LUMPIA WRAPPER

- 1 C. cornstarch
- 2 eggs
- 4/5 Tbsp. oil
- 1/8 tsp. salt
- 2 C. water

Combine all ingredients and beat well. Let batter stand for an hour before preparing crepes on crepe maker.

L. Bacuta  
Riyadh

#### BARBECUE SAUCE/SIMPLE MEATBALLS

Makes 36 Meatballs

##### Sauce:

- 1/2 C. salad oil
- 1-1/4 C. minced onions
- 3/4 C. brown sugar
- 2-1/2 Tbsp. prepared mustard
- 1-1/2 tsp. salt
- 2-1/2 bsp. Worcestershire sauce
- 2-1/2 C. catsup
- 1-1/2 C. finely minced celery
- 1/4 C. vinegar
- 3 C. water

##### Meatballs:

- 1 lb. ground beef chuck
- 2 Tbsp. onions, minced
- 2 whole eggs, slightly beaten

- salt and pepper to taste
- 1 C. bread crumbs (moisten with milk)
- 1 pinch thyme
- 1/2 sm. clove garlic, minced
- 1 Tbsp. shortening

Saute the onions and garlic in the shortening; let cool. Combine other meatball ingredients and mix together thoroughly. Form into tiny meatballs and place on sheet pan. Bake at 350° until done. Serve in chafing dish with barbecue sauce or sour cream sauce.

Jo Kielbasa  
Riyadh

#### LITTLE ITALIAN MEATBALLS

- 1 lb. ground beef
- 5 slices of bread - tear into little pieces
- 1/4 C. of milk
- handful of Parmesan cheese
- salt - few shakes
- pepper - few shakes
- parsley - few shakes

Mix everything together except ground beef. Once it is mixed, add beef and mix together well. Shape into little balls and fry in large skillet with oil covering bottom of pan.

Marcy Sansone  
KKMC-Italy

#### PARTY MEATBALLS

Makes about 50

- 12 oz. Del Monte chili sauce
- 10 oz. jelly (apple or grape)
- 1 Tbsp. lemon juice
- 2 lb. ground meat (beef)
- 2 eggs
- salt and pepper to taste

Combine meat and eggs. Shape into 1-in. balls. Combine ther ingredients and place in 13x9x2-in. pan. Add meatballs. Bake at 350° for 1 hour; cover and continue to cook another 30 minutes.

Melvina Brown  
Galveston, Texas

## MEXICAN PIZZA

- 1 lg. pkg. cream cheese, softened
- 1/2 C. finely chopped green onion
- 1 can tiny shrimp
- seafood (cocktail) sauce
- grated cheddar cheese
- diced chilies
- sliced olives

Mold soft cream cheese into circle with high edges. Chill. Add other ingredients in order, making layers. Serve with crackers.

J. Toni Hedrick  
Riyadh

## NORIMAKI

- Flexible bamboo mat
- 1 cucumber - the long green type with eatable skin
- seaweed
- 3 eggs
- 2 C. rice
- 4 Tbsp. vinegar
- 2 tsp. sugar
- salt

Cook rice then spread it out and cool it. Do not let it become sticky. Add vinegar and sugar to taste. Take cucumber and rub salt into it with your hands. Let it rest for 10 minutes. Then cut it into "french fry" size pieces. Beat eggs, then add 1 teaspoon sugar and a pinch of salt. Then, using a fry pan with just a trace of oil, cook eggs like an omelet. Cook it until it is dry and cool and slice into pieces a little larger than french fries.

Take the bamboo mat and put the seaweed square on it. Take the rice mixture and put it on half of the square of seaweed. Place cucumber and egg on the center of the rice. Then start rolling seaweed into a roll. Slice with a damp knife.

Yoshiko Matote  
KKMC-Japan

## Microwave Recipe:

- 12 slices bacon
- 8 oz. chicken livers
- 1 (8-oz.) can sliced water chestnuts

## Sauce:

- 1/4 C. salad oil
- 1/4 C. soy sauce
- 2 Tbsp. catsup
- 1 Tbsp. vinegar
- 1/4 tsp. pepper
- 2 cloves garlic, crushed OR garlic powder

Cut bacon slices into thirds. Cut chicken livers into 1-inch pieces. Mix sauce ingredients well. Place 1 slice of water chestnut in 1 piece of liver and wrap 1 slice of bacon around both. Fasten with a wooden toothpick. Dip into sauce and place 10 at a time in a circle on a paper towel lined microproof plate. Cover with paper towel. Cook on High (maximum power) for 4 minutes. Turn over, cover and cook on High (maximum) for 3 minutes or until bacon is cooked.

Diane Osmundson  
Riyadh

## SALMON PARTY LOG

- 1 (1-lb.) can salmon
- 1 (8-oz.) pkg. cream cheese, softened
- 1 Tbsp. lemon juice
- 2 tsp. grated onion
- 1/4 tsp. salt
- 1 tsp. prepared horseradish
- 1/4 tsp. hot sauce
- 1/2 C. chopped pecans
- 3 Tbsp. snipped parsley

Drain and flake salmon, removing skin and bones. Combine salmon and next six ingredients; mix thoroughly. Chill several hours. Combine pecans and parsley. Shape salmon mixture into 8x2-in. log; roll in nut mixture and chill well. Serve with crackers.

Diane Osmundson  
Riyadh

## SAMBOOSIK (Saudi Meat Pies)

### Dough:

- 4 fluid oz. oil
- 1/4 lb. melted butter
- 4 fluid oz. warm water
- 1 tsp. salt
- 1 lb. sifted flour

Put oil and butter together in bowl, mix in warm water and salt. Add flour gradually, stirring slowly with the hands until dough forms a soft, rather greasy ball. More flour may be needed. Handle the dough as little as possible. Roll out thinly, cut into 3 inch circles. Add 1 heaping Tbsp. of filling and fold in half. Seal edges and bake at 350° until golden brown.

### Cheese filling:

- 1 lb. grated cheese
- 2 eggs, beaten
- pepper to taste

Mix well.

### Meat filling:

- 1 lb. ground meat
- 1 med. onion, chopped
- 2 Tbsp. oil or butter
- 1 tsp. pepper
- salt to taste
- 2 Tbsp. pine nuts
- 3 Tbsp. chopped parsley

Hiyam Ramini  
Riyadh

## SEVICHE

SERVES: 6

- 1 lb. haddock, red snapper or bay scallops
- 3 long, hot green chili peppers or  
canned jalapenos
- 1 tsp. hot red pepper flakes
- 1 med. onion, cut into wafer thin slices
- 1 C. lime juice
- 1 tsp. salt
- parsley

Slice raw fish into thin strips. Leave scallops whole. Split peppers, discarding seeds. Cut into thin slices. Combine ingredients and marinate for 2 to 3 days. Sprinkle with parsley and serve on buttered toast or crackers.

Robert E. Wycoff  
KKMC-Panama

#### SHRIMP BALLS

Makes about 30

- 1 lb. uncooked shrimp
- 6 water chestnuts
- 1 egg
- 1 tsp. salt
- 1/2 tsp. sugar
- 1 tsp. cornstarch
- 2 C. vegetable oil

Shell and devein shrimp. Wash, drain, and mince. Mince the water chestnuts. Mix the shrimp, egg, water chestnuts, salt, sugar and cornstarch together. Heat the 2 cups vegetable oil in a small saucepan until oil "floats like a cloud", about 375° on oil thermometer. Scoop one generous teaspoon of shrimp mixture and gently drop in oil. When shrimp ball turns pink, take it out and drain on a paper towel. Repeat process until entire mixture is used up.

\* 1 tsp. pepper optional

Sue Westerberg  
Riyadh

J. Toni Hedrick  
Riyadh

#### SNACK TREAT

SERVES: 80

Place in large roaster:

- 1 box Cheerios
- 1 box Rice Chex
- 1 box pretzels
- 1 can mixed nuts

Melt:

- 1 C. bacon drippings

Add:

- 2 sticks oleo
- 1 Tbsp. savor salt
- 1 Tbsp. garlic salt
- 1 Tbsp. chili powder
- 1 tsp. cayenne pepper\*

Pour over ingredients and stir well. Bake in oven 150°-200° for 1-1/2 hours. Have containers to store after cooling. Use thin pretzels.

\* For HOT taste, increase cayenne pepper. This is 1 teaspoon (not 1 tablespoon).

Viona Beene  
Riyadh

### SPINACH BALLS

Makes 40-50

- 1 pkg. frozen chopped spinach, thawed and squeezed
- 1 C. herb stuffing mix
- 1/2 C. grated Parmesan cheese
- 1 sm. onion, grated
- 1/2 C. melted butter
- 3 eggs, beaten

Mix all ingredients and make into small balls. Freeze until ready to use. Bake 10-15 minutes in 350° oven.

Hint: My children eat these as a vegetable for a main meal.

Diane Osmundson  
Riyadh

### SURPRISE PACKAGES

SERVES: 32-48

2 or 3 pkgs. crescent rolls

Filling #1:

- 2 C. shredded ham
- 1 C. Swiss cheese, grated
- 2 green onions, chopped
- 1 tsp. German hot mustard
- dash red pepper

Filling #2:

- 2 C. hot sausage, browned and drained
- 1 C. Swiss cheese, grated

- 1 chopped onion
- 1 tsp. Dijon mustard

Roll out crescent rolls and cut each in half. Roll out if needed to stretch. Fill with desired filling. Pinch closed. In greased small muffin tins, place 1 roll in each, with the pinched top up. Brush lightly with egg and water, then sprinkle with poppy or sesame seeds. Bake at 375° until browned - about 12-15 minutes. Can be precooked and reheated.

Georgann M. Ozbolt  
Riyadh

### MINI TACOS

- 1 lb. ground beef
- 2 Tbsp. taco seasoning mix
- 2 Tbsp. ice water

Mix the above ingredients together. Press ball size portions into mini cupcake pans to form a meat cup for the filling.

- 1/2 pt. or 1 C. sour cream
- 2 Tbsp. taco sauce
- 2 oz. chopped ripe olives
- 3/4 C. crushed tortilla chips (doritos)

Mix the above filling ingredients together and fill the meat cups with the filling mixture.

Top the above filling with shredded cheddar cheese (1 C.). Bake in 425° oven for 7 to 8 minutes. Best when served warm. Can be made ahead and partially cooked and frozen. Defrost and complete the cooking process before serving.

Charlotte Schneebeck  
KKMC

### TATOR TOT APPETIZERS

- 1 pkg. frozen tator tots
- 1 pkg. bacon raw
- various kinds of cheeses: Cheddar, Swiss, Muenster, Monterey, Jack, Colby, etc.

Bake tator tots according to package directions. Remove from oven and let cool. Slice cheeses to width of tator tots. Cut bacon strips in half.

Wrap a piece of cheese, then a slice of bacon around each

tator tot. Secure with wooden toothpick. Place under broiler for about 2 minutes or until bacon is cooked.

Sue Westerberg  
Riyadh

**VADAI**  
(Non-Sweet Snack)

**SERVES: 15-20**

- 1 C. split pea
- 1 tsp. salt
- 2 onions
- 2 hot chilies (pepper)
- 1 pinch fennel seed
- 1 C. oil for deep fry

Soak the split pea about 3 hours. Wash and grind it with salt adding as little water as possible into a coarse paste. Cut onion and pepper into small pieces and mix them with dough. Add the fennel seed. Heat oil in a frying pan, pinch off enough dough to make a ball about the size of a small lime and flatten ball into a round patty and deep fry in oil. Can deep fry 3-4 at a time. Turn and fry both sides evenly. Remove when golden brown.

Hema Henry  
KKMC-India

**FRIED WON TON**

- 1 C. ground pork
- 1 Tbsp. minced white onions
- 1 tsp. garlic salt
- 1/2 tsp. minced coriander
- 1 egg
- dash pepper
- dash MSG
- 1 pkg. Wonton skins
- 2 C. vegetable oil
- 1 egg yolk (use for seal)

In a bowl mix ground pork with minced white onions, garlic salt, minced coriander nampla, egg, dash with Monosodium Glutamate and pepper. Place about 1 teaspoon of pork mixture in the center of the Wonton skin. Fold over, bring the two corners around in shape of Wonton and press corners of wrapper together (seal with egg yolk). Fry in deep hot fat for 3-5 minutes. Drain on paper towel. Serve with sweet and sour sauce.

Kyoung Jea DeSpain  
Riyadh

## **FRIED WONTONS**

**Makes 50-60**

- 1 whole chicken breast**
- 3 water chestnuts**
- 2 green onions**
- 2 tsp. vegetable oil**
- 1 tsp. cornstarch**
- 1 tsp. salt**
- 1 tsp. soy sauce**  
**dash of white pepper**
- 1 lb. wonton skins**
- 1 egg slightly beaten**  
**vegetable oil for frying**

**Remove bones and skin from chicken. Put first 8 ingredients in food processor. Process til finely minced. Place 1/2 tsp. chicken mixture in center of wonton skin. Fold wonton skin into a triangle. Brush right corner of triangle with egg. Bring corners together below filling, pinch left corner to right corner to seal.**

**Heat oil to 350°. Fry until golden brown, turning several times - about 3 minutes. Drain on paper towel. Serve with hot mustard or sweet and sour sauce.**

**Mike!! Galloway  
KKMC**

The first of the year was a very dry one, with only a few light showers of rain. The weather was generally very hot, and the sun was very bright. The crops were very dry, and the grass was very short. The water in the ponds was very low, and the fish were very dry. The people were very poor, and they were very hungry. They were very sad, and they were very angry. They were very tired, and they were very old. They were very weak, and they were very sick. They were very poor, and they were very hungry. They were very sad, and they were very angry. They were very tired, and they were very old. They were very weak, and they were very sick.

The second of the year was a very wet one, with many heavy showers of rain. The weather was generally very cool, and the sun was very dim. The crops were very wet, and the grass was very long. The water in the ponds was very high, and the fish were very wet. The people were very poor, and they were very hungry. They were very sad, and they were very angry. They were very tired, and they were very old. They were very weak, and they were very sick.

1918

There  
Was  
Bread





## HERB BISCUITS

Makes 40 biscuits

- 1/2 C. warm water
- 1-1/2 envelopes dry yeast
- pinch of sugar
- 6 C. all-purpose flour
- 1 C. milk (scalded and cooled)
- 1 C. minced onion
- 1/2 C. sugar
- 1/2 C. (1 stick) butter, melted
- 1/3 C. minced celery leaves
- 1-1/2 tsp. ground sage
- 1 tsp. celery salt
- 1 tsp. ground thyme
- 1/2 tsp. freshly ground pepper

Generously grease large mixing bowl. Lightly grease baking sheet.

Combine water, yeast and sugar in another large bowl and let stand until foamy and proofed, about 15 minutes. Stir in flour, cooled milk, onion, sugar, butter, celery leaves, sage, salt, thyme and pepper. Mix until soft dough forms. Transfer to floured work surface and knead until dough is smooth and elastic, about 10 minutes. Dough will be quite stiff. Place dough in greased bowl, turning to coat entire surface. Cover and let rise in warm draft-free area until doubled in volume, about 2 1/2 hours.

Turn dough out onto floured work surface and roll to thickness of about 1 in. Dip 2 in. biscuit cutter into flour and cut out biscuits. Arrange close together on prepared baking sheet. Cover and let rise until doubled in volume, about 45-60 minutes.

Preheat oven to 350°F. Bake until biscuits sound hollow when tapped on bottoms, about 25 minutes.

Irma Ocanas  
Riyadh

## ITALIAN BISCUITS

- 6 eggs
- 2 C. sugar
- 1 tsp. oil of anise or 2 good pinches of anise seed
- 7 C. flour
- 10 level tsp. baking powder
- 1/2 C. butter
- 1 C. milk

In a small bowl beat eggs and sugar together; add anise; mix thoroughly and set aside. In a large bowl cut butter into flour and baking powder until it is like a coarse meal.

Add egg mixture to flour mixture - mix thoroughly. Add milk - mix until a soft dough is formed. Roll dough into strips approx. 14 in. long by 14 in. wide. Be sure they are no thicker than 1/2 in.

Place on greased cookie sheet and bake in 450° oven until light brown.

Remove from oven and while still on cookie sheet, cut into biscuits, lay each on its side. Return to oven, brown on both sides.

Vivien Franklin &  
Donna Englehart  
KKMC-Italy

#### PUMPKIN BISCUITS

Makes 40 biscuits

- 1/2 C. warm water
- 1-1/2 envelopes dry yeast
- pinch of sugar
- 6-3/4 C. all-purpose flour
- 1 C. milk (scalded and cooled)
- 1 C. canned pumpkin
- 1 C. firmly packed light brown sugar
- 1/2 C. (1 stick) melted butter
- 2 tsp. ground ginger
- 1 tsp. salt
- 1/2 tsp. freshly grated nutmeg
- 1/4 tsp. each ground cinnamon, allspice and cloves

Generously grease large mixing bowl. Lightly grease baking sheet. Combine water, yeast and sugar in another large bowl and let stand until foamy and proofed, about 15 minutes. Stir in flour, cooled milk, pumpkin, brown sugar, butter, ginger, salt, nutmeg, cinnamon, allspice and cloves. Mix until soft dough forms. Transfer to floured work surface and knead until dough is smooth and elastic, about 10 minutes. Place dough in greased bowl, turning to coat entire surface. Cover and let rise in warm draft-free area until doubled, about 2-1/2 hours. Turn dough out onto floured work surface and roll to thickness of about 1 in. Dip 2 in. biscuit cutter into flour and cut out biscuits. Arrange close together on baking sheet. Cover and let rise until doubled in volume, about 45-60 minutes. Preheat oven 350°F. Bake until biscuits sound hollow when tapped on bottoms, about 25 minutes.

Irma Ocanas  
Riyadh

#### ARAB BREAD (FLAT BREAD)

- 5-6 C. unsifted flour
- 1 Tbsp. sugar

- 2 tsp. salt
- 1 pkg. dry yeast
- 2 C. hot tap water (12)<sup>o</sup>-130<sup>o</sup>F)

Combine 2 C. flour, sugar, salt, and undissolved yeast. Add hot tap water and beat 2 minutes at medium speed, scraping bowl occasionally. Add 3/4 C. flour. Beat at high speed for 2 minutes. Stir in enough flour (rest of flour) to make a soft dough. Turn onto floured board; knead until smooth and elastic, about 8-10 minutes. Place in a greased bowl, turn to grease top. Cover; let rise in a warm place, until doubled, about 1 hour. Punch down; turn onto floured board. Cover; let rest 30 minutes. Divide dough into 6 equal pieces and shape each into a ball. On a floured board, roll each ball into an 8 in. circle; place on a lightly floured baking sheet. Slide circle directly onto the floor of a very hot oven (450<sup>o</sup>) or into a preheated iron skillet placed on the lowest rack of a very hot oven (450<sup>o</sup>). Bake about 5 minutes or until done (tops will not brown). Lightly brown tops of bread by placing under hot broiler 3 in. from source of heat for about 1 minute or until browned. I prefer about 10 minutes of baking time.

Shirley Reynolds  
Riyadh

#### SAUDI BREAD (PITA OR ARABIAN FLAT BREAD)

- 1 pkg. hot roll mix (13-3/4 oz.)
- 3/4 C. lukewarm water (115<sup>o</sup>-120<sup>o</sup>)
- 1 egg
- 3 Tbsp. melted butter
- 1/4 C. sesame seeds

Dissolve yeast from mix in water. Stir in roll mix and egg. Blend well. Knead on cloth covered, floured surface till smooth - 8 to 10 minutes. Divide dough into 3 in. balls. Roll each ball into 7 in. rounds. Place on cookie sheet and brush with butter. Sprinkle with seeds. Let rise 30 minutes ONLY in warm place - 80<sup>o</sup> or more. Bake at 400<sup>o</sup> for 20-25 minutes until light brown. Cool. Cut in half and slit to form pocket.

Linda Henry  
Castle Cookery '78

#### SPECKKUCHEN (BACON BREAD)

Makes 25 2x3 in. slices

Dough:

- 2 pkg. (2 scant Tbsp.) dry yeast
- 1 tsp. sugar

- 1 C. lukewarm water
- 1/4 C. vegetable oil
- 1 tsp. salt
- 3 C. unbleached white flour
- 3 egg yolks

#### Topping:

- 1/2 lb. lean bacon, finely diced
- 2 tsp. caraway seeds
- 1/4 tsp. salt
- 3 Tbsp. melted butter

In a large bowl, dissolve the yeast and sugar in the lukewarm water. Stir in the vegetable oil and salt. Add 2 cups of the flour and mix well. Set the bowl in a warm place until the mixture becomes light and bubbly (about 30 minutes).

Beat the egg yolks until light, and stir them into the dough. Gradually work in the remaining 1 cup of flour to make a smooth dough. Turn out onto a floured board and knead for 8-10 minutes, or until the dough is smooth and elastic. Form into a ball, place in a lightly oiled bowl, cover with a kitchen towel, and let rise in a warm place for 1-1/2-2 hours.

Punch the dough down and stretch it to fit a greased 10 in. by 15 in. shallow baking pan. Set the pan aside in a warm place for 15-20 minutes, while the oven pre-heats to 400°F. Just before baking, sprinkle the diced bacon, caraway seeds, and salt in an even layer over the dough. Drizzle the melted butter over the top. Bake at 400°F for 25-30 minutes, or until the dough is golden brown on top.

Serve hot, warm, or at room temperature. Can be reheated by wrapping in foil and placing in a 325°F oven for 15-20 minutes.

#### Stars and Stripes

#### BATTER BREAD

Makes 1 loaf

Batter or casserole bread has a higher proportion of yeast; there's no kneading and only one rising. The yeast mixture is a batter - thinner than a dough - and it's important to beat it thoroughly to develop the gluten in the flour. Use an electric mixer if you have one or beat the batter by hand with a wooden spoon, increasing the beating time to 3-4 minutes each beating.

Batter bread has a lovely nutty flavor and a more open, rougher texture. Try it, especially when you don't have time for conventional bread. Allow about 2 hours from beginning to baked.

## WHITE BATTER BREAD

- 4-4 1/2 C. all-purpose flour
- 3 Tbsp. sugar
- 1 Tbsp. salt
- 2 pkg. active dry yeast
- 1/3 C. instant nonfat dry milk
- 2 C. hot water (about 115°F)
- 2 Tbsp. butter or margarine, softened

In the large bowl of an electric mixer mix 1-1/2 C. of the flour, sugar, salt, yeast and nonfat dry milk. Add water and butter, and when well-mixed, beat at medium speed 2 minutes, scraping bowl once or twice with a rubber spatula. Add 1 C. more flour, and when mixed, beat at high speed 2 minutes, scraping bowl occasionally. Remove beaters and gradually stir in remaining flour to make a stiff batter. Cover bowl and let dough rise in a warm place until double in bulk, about 50-60 minutes. Stir down batter with a wooden spoon and beat vigorously 1/2 minute. Turn batter into a greased 9x5x3 in. loaf pan. Place in an unheated oven and turn on oven to 375°F. Bake 50 minutes. Remove loaf from pan and place directly on oven rack; bake 10-15 minutes longer, or until done. Cool loaf on a wire rack.

Jo Kielbasa  
Riyadh

## FRENCH BREAD

SERVES: 2 loaves or  
12 hamburger  
rolls\*

### Yeast Mixture:

- 1 sm. bowl
- 2 C. warm water
- 1 or 2 Tbsp. sugar
- 1 Tbsp. salt

Mix water, salt, sugar until dissolved. Add 3 tsp. of dry yeast. Let this stand at least 15 minutes in warm spot.

### Bread Dough:

- 1 lg. wash pan or bowl
- 5 C. sifted all-purpose flour

Add the yeast mixture above. Mix flour and yeast into a dough. Remove dough from bowl onto a floured work top. Knead by hand, add flour as required. Knead the bread dough until it has a spongy affect. Then place bread dough back in a clean, slightly greased pan

or bowl, punch it down and spread it out. Cover the bread dough with a hot, damp towel, let the bread dough rise in a warm spot (like your oven, or outside in the warm sun) for 1 hour or until the bread dough has doubled in size. After it has risen, remove from pan onto floured work top and punch dough down, knead again lightly. Cut bread dough into 2 even parts, form 2 loaves. Have a flat sheet ready, grease the flat sheet lightly with shortening and sprinkle with corn meal (white or yellow). Place the 2 loaves on the flat sheet, again cover with a hot, damp towel and place in warm spot to rise. About 1 hour is required however when it looks as if it has risen. Baste with melted butter and place it into oven. Bake at 350° until brown, remove and place on some kind of cooling rack.

\* Cut rolls with peanut can, baste with butter or oil.

International Cooking Class  
submitted by:  
Jo Kielbasa  
Riyadh

#### HONEY WHOLE-WHEAT BREAD

- 1 C. milk
- 3/4 C. shortening
- 1/2 C. honey
- 2 tsp. salt
- 1 tsp. soft butter
- 3/4 C. warm water
- 2 pkg. active dry yeast
- 3 eggs, slightly beaten
- 4-1/2 C. unsifted all-purpose flour
- 1/2 C. unprocessed bran

In small saucepan heat milk just until bubbles form around edge of pan; remove from heat. Add shortening, honey and salt, stirring until shortening is melted. Let cool to lukewarm. Sprinkle yeast over warm water in large bowl, stir to dissolve yeast. Stir in milk mixture and the eggs. Combine all-purpose and whole wheat flours and bran. Add 2/3 of flour mixture to yeast mixture then with electric mixer at low speed, beat until blended. Beat at medium speed until smooth—about 2 minutes. With wooden spoon, gradually beat in remaining flour mixture. Mix with hand, squeezing dough between fingers 20-30 times, to develop gluten. Cover the bowl with waxed paper and towel. Let rise in warm place until batter is above rim of bowl - 1 hour. Punch down dough; beat with wooden spoon until smooth—about 30 seconds. Lightly grease a 3 qt. casserole. Turn dough into casserole; pat evenly. Cover and let rise until double in bulk - 40-50 minutes. Dough should rise slightly above casserole. Preheat oven to 375°F. With a sharp knife, cut a 4 in. cross about

1/2 in. deep in top of dough. Bake 45-50 minutes, or until the bread is nicely browned. Bread should sound hollow when rapped with knuckle. Rub butter over top.

Jo Kielbasa  
Riyadh

#### ITALIAN BREAD

SERVES: 2 loaves

Lightly grease baking sheet.

Soften 1 pkg. active dry yeast in 1/4 C. very warm water  
(110°-115°F)

Let yeast stand 5-10 minutes.

Meanwhile:

In a large bowl, put 1-3/4 C. very warm water and 1 Tbsp. salt, blend in 3 C. sifted flour. Stir softened yeast and add to flour water mixing mixture well. Measure 2-2 1/2 C. sifted flour - add about 1/2 the flour to yeast mixture and beat until very smooth, mix in enough flour to make a soft dough - turn mixture onto lightly floured surface - allow to rest 10 minutes, knead. Select a deep bowl, shape dough into a ball and place in greased bowl, turn dough to grease all of it. Cover bowl with waxed paper and towel and let stand in warm place (about 80°F) until dough doubles (about 2 hours). Punch down dough and knead on floured surface for 2 minutes - divide into 2 balls. Let stand covered for 10 minutes, roll each ball into 14x8 rectangle, roll up tightly with hands into long slender loaf, pinch ends to seal - place loaves on baking sheet and cover with towel and let stand in warm place to double - bake 425° for 10 minutes, reduce temperature to 350° and bake 1 hour or until golden brown.

Marcy Sansone  
KKMC-Italy

#### ONION-CHEESE BREAD

SERVES: 16

- 3 C. chopped onion
- 1 stick butter or margarine
- 2 pkg. dry yeast
- 3/4 C. warm water
- 2 C. milk
- 3 Tbsp. sugar
- 1 Tbsp. salt
- 7-8 C. flour
- 3 C. cheddar cheese, shredded
- 1 4-oz. can jalapeno chillies, drained and chopped

Saute onions in 3 Tbsp. butter until crisp-tender. Cover and set aside to cool. Dissolve yeast in water in large bowl. Heat together

milk, sugar, C. butter and salt to scalding. Cool to warm. Stir into yeast in large bowl. Mix in 2 C. flour and onions. Add enough remaining flour to make dough easy enough to handle. Knead until smooth - about 10 minutes. Place in greased bowl - turn greased side up. Cover and let rise until double. Punch dough down.

Divide in half and roll into two 22x13 in. rectangles. Sprinkle 1-1/2 C. cheese over each, leaving 1 in. edge. Sprinkle one half of chillies on each. Roll tightly, beginning with the long side. Seal edge. Place on 2 greased baking sheets, seam side down, in spiral or coil shape. Cover and let rise until doubled - about 1 to 1-1/2 hours. Bake at 400° for 40-50 minutes or until golden brown, and loaf tests done. Let cool on wire racks. Makes 2 large loaves.

Georgann M. Ozbolt  
Riyadh

#### PUMPERNICKEL BREAD

SERVES: 3 loaves

- 9 C. white flour
- 3 C. rye flour
- 2 Tbsp. salt
- 1 C. all bran cereal
- 3/4 C. yellow cornmeal
- 2 pkg. dry yeast
- 3-1/2 C. water
- 1/4 C. dark molasses
- 2 sq. unsweetened chocolate
- 1 Tbsp. butter
- 2 C. mashed potatoes at room temperature  
(you may use "instant")
- 1 Tbsp. caraway seeds

Combine white and rye flours. Mix 2 C. flour mixture, salt, cereal, cornmeal and dry yeast in the bowl of an electric mixer. Combine water, molasses, chocolate and butter in a saucepan and heat over low heat until chocolate and butter melt. Gradually add the liquids to the flour mixture and beat 2 minutes at medium speed. Add the potatoes and another C. of the flour mixture, or enough to make a thick batter. Beat at high speed 2 minutes. Stir in additional flour and the caraway seeds. When the dough begins to pull away from the sides of the bowl, turn it out onto a floured board. Cover with a bowl and let rest 15 minutes.

Begin kneading, using more flour as necessary, and knead until the dough is smooth and elastic - about 15 minutes. Place in an oiled bowl. Cover with a damp towel and set in a warm place to rise until double in bulk. Punch the dough down with your fist a few times. Cover and let rise again about 45 minutes.

Punch the dough down and turn out onto the bread board. Divide it into 3 equal pieces and shape each into a round ball. Oil three 8x9 in. cake tins and place the dough in these. Cover and let rise until double in bulk. Bake in a preheated 350° oven for about 50 minutes. Immediately remove from the pans and cool the loaves on wire racks.

You may also divide the dough into smaller balls, shape each into a tiny loaf and bake in miniature loaf tins. Sliced very thin, this is a good accompaniment for cocktail spreads.

Jo Kielbasa  
Riyadh

#### REFRIGERATOR-RISE RYE BREAD

SERVES: 2 loaves

3-1/2 to 4	C. all-purpose flour
2	pkg. active dry yeast
2	Tbsp. sugar
1	Tbsp. salt
1	tsp. ground cardamom seed
1/4	C. butter or margarine, softened, or vegetable oil
2-1/2	C. hot water (about 130°F)
2	C. medium rye flour
1	C. wheat-bran cereal
	vegetable oil

In a large bowl mix 3-1/2 C. of the all-purpose flour, the yeast, sugar, salt and cardamom. Stir in the butter and hot water, and when mixed, beat with an electric mixer at medium speed 2 minutes or with a wooden spoon, scraping sides of bowl occasionally. With a spoon gradually stir in the rye flour and the bran cereal. Turn out dough onto a floured surface (use some of the remaining all-purpose flour) and knead for 8-10 minutes, until dough is smooth and elastic, adding only as much of remaining flour as necessary to prevent dough from sticking. Cover dough with bowl and let stand 2) minutes. Grease two 8-1/2x4-1/2x2-1/2 in. loaf pans or a large baking sheet. Uncover dough and knead briefly; divide in half and shape each half into a loaf. Place in prepared pans or on baking sheet. Brush 2 pieces of plastic wrap with oil and loosely cover loaves. Refrigerate from 2-24 hours. When ready to bake, remove from refrigerator, uncover and puncture any surface bubbles with a skewer or wooden pick. Place in an unheated oven; turn on oven to 350°F. Bake 40-60 minutes, or until done. Cool loaves on a wire rack.

Jo Kielbasa  
Riyadh

**REFRIGERATOR-RISE WHITE BREAD****SERVES: 2 loaves**

5-1/2 to 6-1/2 C. all-purpose flour  
2 pkg. active dry yeast  
2 Tbsp. sugar  
1 Tbsp. salt  
2-1/2 C. hot water (about 130°F)  
1/4 C. butter or margarine, softened,  
or vegetable oil

In a large bowl mix 2 C. of the flour, the yeast, sugar and salt. Stir in the hot water, and when mixed, beat with an electric mixer at medium speed 2 minutes or with a wooden spoon, scraping the sides of bowl occasionally. Add butter and 1 C. more of the flour; when mixed, beat at medium speed 2 minutes, scraping bowl occasionally. With a spoon gradually stir in enough of the remaining flour to make a soft dough. Turn out dough onto a floured surface (use some of remaining flour) and knead for 8-10 minutes, until dough is smooth and elastic, adding only as much of remaining flour as necessary to prevent dough from sticking. Cover dough with bowl and let stand 20 minutes. Grease two 8-1/2x4-1/2x2-1/2 in. loaf pans or a large baking sheet. Uncover dough and knead briefly; divide in half and shape each half into a loaf. Place in prepared pans or on baking sheet. Brush 2 pieces of plastic wrap with oil and loosely cover loaves. Refrigerate from 2-24 hours. When ready to bake, remove from refrigerator, uncover and puncture any surface bubbles with a skewer or wooden pick. Place in an unheated oven: turn on oven to 350°F. Bake 40-60 minutes, or until done. Cool loaves on a wire rack.

Jo Kielbasa  
Riyadh

**REFRIGERATOR-RISE WHOLE-WHEAT BREAD** **SERVES: 2 loaves**

5-1/2 to 6-1/2 C. whole-wheat flour  
2 pkg. active dry yeast  
1 Tbsp. salt  
2-1/2 C. hot water (about 130°F)  
3 Tbsp. butter or margarine, softened,  
or vegetable oil  
1/4 C. honey  
vegetable oil

In a large bowl mix 2 C. of the flour, the yeast and salt. Stir in the hot water, and when mixed, beat with an electric mixer at low speed 2 minutes or with a wooden spoon, scraping sides of bowl occasionally with a rubber spatula. Add butter, honey and 1 C. more flour; when mixed, beat at medium speed for 2 minutes, until thick and elastic. With a spoon stir in just enough of the remaining flour

to make a soft dough. Turn out dough onto a floured surface (use some of the remaining flour) and knead for 5 minutes, until dough is smooth and elastic, adding only as much of remaining flour as necessary to prevent dough from sticking. Cover dough with bowl and leave 20 minutes. Grease two 8-1/2x4-1/2x2-1/2 in. loaf pans or a large baking sheet. Uncover dough and knead briefly; divide in half and shape each half into a loaf. Place in prepared pans or on baking sheet. Brush 2 pieces of plastic wrap with vegetable oil and loosely cover loaves. Refrigerate 2-24 hours. When ready to bake, remove from refrigerator, uncover and puncture any surface bubbles with a skewer or wooden pick. Place in an unheated oven; turn on oven to 350°F. Bake 40-60 minutes, or until done. Cool loaves on a wire rack.

Jo Kielbasa  
Riyadh

#### RYE-OATMEAL BREAD

SERVES: 3 loaves

3	C. lukewarm water
1	pkg. dry yeast
1/4	C. molasses
1	C. dry milk
3-1/2 to 4-1/2	C. flour (half white, half whole wheat)

In a large bowl, sprinkle the yeast over the water and stir to dissolve. Add the molasses and dry milk and mix well. Add the flour gradually until a thick batter is formed. Beat 100 strokes with a spoon or spatula. Cover the bowl with a damp cloth and let the sponge rise for about an hour or until at least double in bulk.

4-1/2 tsp.	salt
1/4	C. oil or melted butter
2	C. rolled oats
2	C. rye flour

Sprinkle salt and pour oil over sponge. Fold into the sponge, turning bowl a quarter turn after every folding stroke. When well combined, begin folding in the rolled oats and flour until the dough pulls away from the sides of the bowl and it becomes difficult to manage with a spatula or spoon.

Turn the dough out onto a well-floured board and begin kneading, using as much additional whole wheat flour as necessary to keep the dough from sticking to the board and your hands. Continue for 10-15 minutes or until the dough is very smooth. Place dough in an oiled bowl, cover and let rise about an hour or until doubled in bulk.

Punch the dough down with your fist 25-30 times. Cover and let rise again until doubled in bulk. (This rising may be eliminated if you

wish. The resulting loaf will be a little heavier.)

Divide the dough into 3 equal pieces and shape each into a ball. Let rest 5 minutes. Shape the loaves and place in well-oiled loaf pans or on baking sheets. Cover and let rise until double in bulk.

- 1 egg
- 1/4 C. water or milk
- sesame or poppy seeds

Beat the egg with the water or milk. Cut slits 1/2 in. deep in the tops of the loaves and brush with the egg wash. Sprinkle the loaves with sesame or poppy seeds. Bake in a preheated 350° oven for about 1 hour. Remove loaves from the pans and cool on wire racks.

Jo Kielbasa  
Riyadh

#### TEDDY BEAR BREAD

Makes one 11" teddy bear  
bread

- 1 C. warm water
- 2 Tbsp. sugar
- 1 pkg. active dry yeast
- 2 tsp. salt
- 2 Tbsp. vegetable oil
- 2 tsp. cinnamon
- 1 Tbsp. grated orange rind
- 3 to 3-1/2 C. flour
- 1 egg, beaten
- 2 raisins
- 1 prune

Mix warm water and sugar in a bowl. Stir in yeast. Let sit 5 minutes, or until mixture is foamy. Add salt, oil, cinnamon, and orange rind. Slowly stir in flour, 1/2 C. at a time. When it becomes too difficult to stir in any more flour, place dough on a floured board and begin kneading. Continue to knead, adding flour as needed, until dough is smooth and elastic (about 10 minutes). Cover and let rise in a warm, draft-free place until dough has doubled in bulk (about 1 hour). Punch dough down. Divide in half. Shape one half into a ball. Place this ball in the center of a greased cookie sheet. Flatten slightly to make teddy bear body. Cut remaining dough in half, working with one of these halves, pull off 3 small pieces: about 1 tsp. for each ear and 1 Tbsp. for nose. Roll remainder of this section into a ball. Place on cookie sheet to form head; press lightly onto body. Shape ears and nose; press into place. Cut remaining dough into 4 sections. Roll into sausage-like shapes to form arms and legs. Attach by pressing under body. Press raisins onto face for eyes; a piece of prune onto tip of nose. Let rise in a

warm place until dough bear has doubled in bulk (about 45 minutes). Preheat oven to 375°F. Brush bear all over with beaten egg. Bake until golden brown, about 40-45 minutes. Check after 30 minutes: if bear is browning too quickly, cover lightly with foil. When done, let cool partially, then carefully remove to a wire rack.

### CRESCENT ROLLS

Pour 1 C. boiling water over:

- 1 C. shortening
- 3/4 C. sugar
- 1/2 tsp. salt

Cool to lukewarm and combine with:

- 2 pkg. yeast dissolved in
- 1 C. lukewarm water

Add:

- 2 well beaten eggs
- 6 heaping C. flour

Cover and refrigerate overnight. Roll out and let rise 2 hours before baking. Shape into crescents.\* Bake at 375° for 15-20 minutes.

\* To shape into crescents: Roll out dough; cut dough into triangles; roll, starting at large end. Turn ends slightly toward center when placing on baking sheet.

Michelle Steidl  
Riyadh

### SPOON ROLLS

SERVES 24 rolls

- 1 pkg. dry yeast
- 1/4 C. sugar
- 3/4 C. cooking oil
- 2 C. lukewarm water
- 1 egg
- 4 1/2-5 C. self-rising flour

Preheat oven to 450°. Grease 2 muffin pans. Mix ingredients in order listed. Fill sections of muffin pans half full. Bake until brown and hollow-sounding when pan is whacked (about 10 minutes). Dough will keep in refrigerator several days. (Rolls will have a better texture after dough is refrigerated.)

Robin Briggs  
Riyadh

## CINNAMON TWIST COFFEECAKE

SERVES: 24 twists

- 5-6 C. unsifted all-purpose flour
- 1-1/4 C. sugar
- 1-1/2 tsp. salt
- 2 pkg. dry yeast
- 2/3 C. water
- 1/2 C. margarine
- 2 eggs (at room temperature)
- 3/4 C. raisins
- 2 tsp. cinnamon
- melted butter

In a large bowl, mix 1-3/4 C. flour, 1/2 C. sugar, salt and undissolved yeast.

Combine milk, water and C. margarine in a saucepan. Heat over low heat until liquids are very warm. Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 C. flour, beat at high speed 2 minutes. Stir in raisins and enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8-10 minutes. Cover with plastic wrap, then a towel. Let rest 20 minutes.

Divide dough in half, roll out each half into 12 in. squares. Brush lightly with melted margarine.

Combine remaining 3/4 C. sugar and cinnamon. Sprinkle center third of each square with 3 Tbsp. of the sugar mixture. Fold one third of dough over center third. Sprinkle with 3 Tbsp. of the sugar mixture. Fold the remaining third of dough over the 2 layers. Cut into strips about 1 in. wide. Take hold of each end of strip and twist tightly in opposite directions. Seal ends firmly. Arrange in 2 greased 9 in. square pans. Cover loosely with wax paper which has been brushed with oil, then top with plastic wrap. Refrigerate for 2-24 hours.

When ready to bake, remove from refrigerator, uncover dough carefully, let stand at room temperature for 10 minutes. Bake at 375° for 30 minutes. Remove from pans and cool on wire racks.

Ruth Dickens  
Riyadh

## CRULLERS

- 3 C. (3/4 liter) flour
- 1 pkg. dry yeast
- 1 C. (1/4 liter) milk
- 2 Tbsp. (30 ml.) shortening

- 2 Tbsp. (30 ml.) sugar
- 1 tsp. (5 ml.) salt
- 1/4 C. (50 ml.) water (tepid - 100°F or 40°C)
- 1 egg
- oil for frying (allow about 4 in. (10 cm.) deep)
- sugar for coating

Heat milk until scalded (just below boiling). Stir in shortening, sugar and salt. Cool to 100°F (40°C). Sprinkle yeast, egg and 1 C. (liter) flour to the milk mix. Beat until smooth then gradually add rest of flour, blending thoroughly. Cover and let dough rise in warm place until double (about 1 hour).

Roll out dough on well floured surface until less than 1/2 in. (1 cm.) but more than in. (6 mm.). Cut with floured knife into bars 5 in. x 1 in. (13 x 3 cm.) Shape into twists and place on waxed paper to rise until doubled (about 45 minutes).

Fry 2 or 3 at a time in oil heated (and kept at) 375°F (190°C) until golden brown (about 1 or 1-1/2 minutes on first side and 1/2 minute on other). (Temperatures and times are important unless you're making "grease bombs".) Drain on paper towels or brown paper for (less than) 5 minutes and roll in granulated sugar to coat while cruller is still warm (or sugar won't stick). In case of cold crullers, cover with powdered sugar.

This recipe is good for other shapes (like doughnuts) and is good with 1 tsp. each of cinnamon and nutmeg added to batter before first rising.

Tricia Keller  
KKMC

# FASTNACHTSKRAPFEN (BERLINER PFANNKUCHEN)

- 500 gm. flour
- 2-1/2 liter milk
- 2-3 eggs
- 70 gm. sugar
- 50 gm. butter
- 25 gm. yeast
- 5-6 Tbsp. jam (apricot, strawberry)
- cooking oil
- cinnamon

Mix flour, milk, yeast, eggs and melted butter and make a yeast dough, beat thoroughly. After beating form dough into round balls. Make indentation and place small amount of jam in each indentation. This must be done neatly and carefully or jam will come out when

Fastnachtskrapfen are being deep fried. Close each ball. Place them on a lightly floured board and let rise. After they have doubled in size drop them in heated oil and deep fry until golden. Take out of oil and roll in mixture of sugar and cinnamon while still hot. Repeat until all dough has been deep fried. Serve. BON APPETIT. GUTEN APPETIT.

Cosima Bevens  
KKMC-Germany

#### FINNISH COFFEE BREAD

SERVES: 4 loaves

- 8 C. flour
- 2-1/2 C. lukewarm milk
- 2 yeast cakes
- 1 C. sugar
- 1/2 tsp. salt
- 2 eggs, well beaten
- 3/4 C. melted butter
- 20 cardamom seeds, well pounded to powder

Dissolve yeast cakes in 1/2 C. lukewarm milk. Mix remaining milk, sugar, salt, butter, eggs and cardamom seeds. Add yeast and about 3 C. flour, beat smooth. Add remaining flour beating with a wooden spoon until dough is smooth and firm. Sprinkle with additional flour, cover and let rise in a warm place for about 2 hours until doubled in bulk. Turn onto floured board; knead well. Shape into 4 loaves and let rise until doubled in size. Brush with beaten egg yolk. Sprinkle with sugar. Bake in 375° oven for 35-40 minutes.

Melody Colvin  
Riyadh

#### CORN LIGHTBREAD

SERVES: 1 loaf

- 2 C. cornmeal
- 1 C. flour (plain)
- 1 tsp. soda
- 3/4 C. sugar
- 1 tsp. salt
- 2 C. buttermilk
- 3 Tbsp. vegetable oil

Mix all dry ingredients then add buttermilk and oil. Pour into greased loaf pan. Bake at 350° for 1 hour.

This will keep in the refrigerator 2-3 weeks.

Betty McReynolds  
Riyadh.

## FRESH CORN CAKES

- 4 ears fresh corn
- 2 C. all-purpose flour
- 2 Tbsp. sugar
- 2 tsp. baking powder
- 1-1/2 tsp. salt
- 1/8 tsp. black pepper
- 3 eggs
- 3/4 C. milk
- 2 Tbsp. butter or margarine, melted
- oil

Remove husks and silks from corn. With a sharp knife cut kernels from cobs; scrape cobs with a spoon (makes about 2-2/3 C.); set aside. In large bowl combine flour, sugar, baking powder, salt and black pepper. In small bowl lightly beat eggs. Stir in milk and melted butter. Blend into flour mixture stirring only until all the flour is moistened. Stir in reserved corn. In large skillet or griddle heat 1 Tbsp. oil. Pour batter by cupfuls into skillet 3 or 4 at a time; fry until golden, about 3 minutes on each side. Repeat frying corn cakes, adding more oil to skillet as needed. If batter begins to thicken during standing, stir in small amount of milk.

Sue Daniel  
Riyadh

## INDIAN CORN BREAD

SERVES: 6-8

- 1 C. yellow corn meal
- 3/4 tsp. salt
- 1/2 tsp. baking soda
- 2 eggs, well beaten
- 1 C. milk
- 1 sm. onion, chopped
- 1 can cream style corn

Mix above ingredients, then measure:

- 1/2 C. bacon drippings
- 1/2 lb. grated cheddar cheese
- 4-6 jalapeno peppers

Heat half of bacon drippings in large iron skillet and add half to corn meal mixture. Pour half into skillet. Sprinkle cheese on top, then add rest of mixture. Bake at 350° for 45 minutes. Remove from oven and let set about 3) minutes before cutting.

Joyce White  
Texas

May substitute 1 C. buttermilk for 1 C. sweetmilk and 2/3 C. Crisco oil for 1/2 C. bacon drippings.

Pauline Lax  
Riyadh

#### CORN PONE

SERVES: 4-6

Put about 2 C. corn meal in a heat proof bowl. Add 1 tsp. salt. Pour in approx. 1 C. of boiling water, stirring until blended. Form into 3 in. diameter patties. Brown in bacon grease until crusty on both sides. Serve hot with butter.

Gay Clemenson  
KKMC

#### BLUEBERRY MUFFINS

SERVES: 24 ea.

- 3 C. flour
- 1 C. sugar
- 4 tsp. baking powder
- 1 tsp. salt
- 1 C. milk
- 2 eggs beaten
- 10 Tbsp. melted margarine
- 1 can blueberries, drained

Mix together in order given. Bake 425° for 20-25 minutes.

Julie Fulner  
Riyadh

#### FRENCH BREAKFAST PUFFS

SERVES: 12 muffins

- 1/3 C. shortening
- 1 C. sugar, divided
- 1 egg
- 1-1/2 C. sifted flour
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/4 tsp. nutmeg
- 1/2 C. milk
- 6 Tbsp. butter or margarine, melted
- 1 tsp. cinnamon

Preheat oven to 350°. Mix shortening, 1/2 C. sugar and the egg. Sift together flour, baking powder, salt and nutmeg. Stir into first

mixture gradually, alternating with milk. Fill greased muffin cups two-thirds full. Bake for 20-25 minutes, until golden brown. Remove from pan and roll muffins immediately in melted butter and then in mixture of cinnamon and remaining 1/2 C. sugar.

Robin Briggs  
Riyadh

#### SOUR CREAM MUFFINS

SERVES: 18 muffins

1-1/2 C. flour  
3/4 C. sugar  
3/4 C. buttermilk  
1/2 C. shortening  
1 egg  
1-1/2 tsp. baking soda  
1/2 tsp. salt  
1/8 tsp. nutmeg  
cinnamon and sugar mixture for topping

Combine all ingredients except cinnamon sugar mixture; mix at medium speed for 10 minutes. Cover batter and refrigerate 24 hours before baking. Grease bottom only of 18 muffin tins; fill each half full. Sprinkle with cinnamon sugar. Bake at 350° for 25 minutes or till done.

Sue Westerberg  
Riyadh

#### FRIDAY MORNING PANCAKES

SERVES: 4-6

2 eggs  
2 C. buttermilk\*  
1/4 C. oil  
1-3/4 C. flour  
2 Tbsp. sugar or honey  
2 tsp. baking powder  
1 tsp. soda  
1 tsp. salt

Beat eggs; add buttermilk and oil. Add remaining ingredients; beat only until large lumps disappear. Pour onto lightly greased hot (375°) griddle.

Apple Pancakes: Add 1 shredded apple and 1/2 tsp. cinnamon.  
Blueberry Pancakes: 1 C. drained and rinsed blueberries (canned, frozen or fresh)

Leftovers can be wrapped in aluminum foil and reheated for before

school breakfasts

\* To make buttermilk: 2 Tbsp. vinegar plus enough milk (UHT, fresh) to make 2 C.

Tom Shadis  
Khamis Mushayt

### SWEDISH OVEN PANCAKES

4 eggs  
2 C. unsifted flour  
1 tsp. salt  
1 qt. milk  
1/4 lb. butter

Beat eggs slightly with salt. Add milk then flour and mix well. Preheat oven to 425°, melt butter in 9x13 in. pan. Have butter piping hot, but do not brown it. Pour in mixture and bake in 425° oven 30-40 minutes. (I bake 30 minutes.)

The pancake should have puffed to top of pan and nicely browned when properly done.

Serve with syrup, crushed fruit (I like to use heated blueberry pie filling), or bacon or sausages.

Patti Stapleford  
KKMC-Sweden

### CARMEL ROLLS

SERVES: 12

12 (or more) frozen dinner rolls  
1 sm. pkg. (3 oz.) regular butterscotch pudding  
1/4 C. margarine  
1/2 C. brown sugar, firmly packed  
3/4 tsp. cinnamon  
1/4 C. chopped walnuts (optional)

Place rolls in greased bundt pan. Melt together the pudding, margarine, brown sugar and cinnamon. Add the chopped nuts and pour over dinner rolls. Let rise - uncovered - in the oven overnight. Bake in the morning for 20-25 minutes at 350°F. Invert immediately and sprinkle with more chopped nuts, if desired.

Sue Westerberg  
Riyadh

## QUICKIE CINNAMON ROLLS

Make your favorite pie pastry for 2 crusted pie. Roll in a circle or square - cover with brown sugar, sprinkle cinnamon over top. Melt C. of oleo or butter, sprinkle over mixture (optional - sprinkle your favorite nuts); roll like a jelly roll and cut into 1 in. thickness - looking like a pinwheel. Place on a greased cookie sheet and bake at 375°-400° oven for 10-15 minutes. Should be checked often as sugar and butter have a tendency to burn on bottom - bake as a pie crust.

Good morning cakes - P.S. Dough may be made in advance, rolled in wax paper and stored in refrigerator until baking is desired. Just cut, bake and serve hot.

Jean Parrs  
Riyadh

## CARUSCIKI

- 2 C. flour
- 2 whole eggs
- 4 egg yolks
- 1/2 tsp. salt
- 1/2 C. powdered sugar
- 1/4 C. butter
- 1 jigger rum

Add salt to eggs and beat until thick and lemon colored. Add sugar, butter and rum and beat. Fold in flour and knead until dough blisters. Proceed to roll thin. Cut in 1 in. wide slices 2-3 in. long. Cut slit in center and pull one end through. Fry in hot fat until browned. Drain on paper towel. Sprinkle with powdered sugar.

Diane Drum &  
Donna Spaulding  
KKMC-Poland

## DANISH PUFF

SERVES: 12-24

Layer number one:

- 1 C. sifted flour
- 1/2 C. soft butter
- 2 Tbsp. water

Preheat oven to 350°. Measure flour into bowl, cut in butter (mix as you would pie crust). Sprinkle the mixture with the water and mix with fork. Round into a ball and divide in half. Pat dough (using your hands) into 2 strips - about 3 in. wide and 15 in. long on a

cookie sheet.

Layer number two:

1/2 C. butter  
1 C. water  
1 C. flour  
1 tsp. almond extract  
3 eggs.

In heavy saucepan bring butter and water to a full rolling boil. Remove from heat and quickly stir in 1 C. flour and extract. Return pan to low heat and stir vigorously until mixture forms a ball, about 1 minute. Remove from heat and add eggs, one at a time, beating after each addition so that mixture is smooth. Spread evenly over each strip of pastry. Bake about 1 hour or until topping is crisp and golden brown. Cool. (The top will fall forming a custard like center.)

Frost with glaze:

1-1/2 C. powdered sugar  
2 Tbsp. soft butter  
1/2 tsp. vanilla  
1-2 Tbsp. warm water

Mix ingredients until spreading consistency. Frost pastry and sprinkle with 1/2 C. chopped almonds. Cut into 1 in. strips and serve.

Pat Lewis  
KKMC

## BANANA BREAD

1 egg  
1 C. sugar  
1/4 C. melted butter  
3 bananas (mashed)  
1-1/2 C. flour  
1 tsp. baking soda

Beat egg. Add sugar, butter and bananas. Mix. Sift flour and baking soda. Fold in egg mix. Pour in greased baking pan (loaf size). Bake at 350° for 45-60 minutes.

LaRay Wilson  
Riyadh

**CRANBERRY-ORANGE BREAD****SERVES: 1 loaf**

- 1 C. fresh or frozen cranberries, cut in half
- 1/2 C. chopped nuts
- 1 Tbsp. grated orange peel
- 2 C. flour
- 1 C. sugar
- 1-1/2 tsp. baking powder
- 1 tsp. salt
- 1/2 tsp. baking soda
- 2 Tbsp. shortening
- 3/4 C. orange juice
- 1 egg, well beaten

Preheat oven to 350°. Generously grease and lightly flour 9x5x3 in. loaf pan. Prepare cranberries, nuts and orange peel. Set aside. In a bowl mix together flour, sugar, baking powder, salt and soda. Cut in shortening. Stir in orange juice, egg, and orange peel mixing just to moisten. Fold in cranberries and nuts. Spoon into prepared pan. Bake 60 minutes or until wooden pick inserted in center comes out clean. Cool on a rack 15 minutes. Remove from pan, cool completely. Wrap and store overnight.

Priscilla Lee  
KKMC

**BARBARA'S DATE & WALNUT BREAD****SERVES: 1 lg. loaf**

- 1 Tbsp. butter
- 1 C. sugar
- 1 egg
- 1-1/2 C. flour
- 1 C. chopped walnuts
- 1 pkg. dates (6-1/2 oz.) chopped
- 1 C. boiling water
- 1 tsp. baking soda
- pinch salt

Cream together butter, sugar and egg. Add chopped nuts, flour and salt. Pour boiling water over dates. Let stand until it cools slightly. Dissolve baking soda in this mixture. Combine two mixtures and mix well. Bake in one large or two small greased and floured loaf pans. Bake about 1 hour at 350°.

Barbara Brundage  
Khamis Mushayt

## OLIVE BREAD

- 2 C. sifted flour
- 4 tsp. baking powder
- salt
- 1/3 C. sugar

Add 1 egg beaten and 1 C. milk, and 1/2 C. sliced stuffed olives. Bake at 300° for 20 minutes, then at 375° for 30 minutes longer or until done.

Ginny Dold  
KKMC

## PUMPKIN BREAD

SERVES: 3 loaves

- 3-1/3 C. flour
- 2 tsp. soda
- 1-1/2 tsp. cinnamon
- 1 C. oil
- 1/2 tsp. nutmeg
- 4 eggs
- 2/3 C. water
- 2 C. (1 lb. can) canned pumpkin
- 3 C. sugar
- 1 C. chopped nuts (if desired)

Mix together thoroughly and pour into three 7-7/8 x 3-7/8 x 2-1/2 in. loaf pans that have been greased and floured. Bake 1 hour at 350°F.

Janelle Stockbower  
Riyadh

## PUMPKIN BREAD

SERVES: 2 sm. or  
1 lg. loaves

- 1-1/2 C. sugar
- 2 eggs
- 1-3/4 C. flour
- 1 tsp. baking soda
- 1/2 tsp. ground cloves
- 1/2 tsp. nutmeg
- 1/3 C. water
- 1/2 C. nuts (optional)
- 1/2 C. cooking oil
- 1 C. pumpkin
- 1/4 tsp. baking powder
- 1 tsp. salt

1/2 tsp. cinnamon  
1/4 tsp. allspice  
1/2 C. raisins (optional)

Add sugar to oil; add eggs and pumpkin. Sift together spices and flour and add to other mixture. Add water, nuts and raisins and mix well. Bake at 350° for 1 hour in two small or one large loaf pan, which has been generously greased.

Sue Westerberg  
Riyadh

#### SPINACH BREAD

SERVES: 2 dozen

2 (10 oz.) pkg. frozen chopped spinach  
1/2 tsp. garlic salt  
1 loaf frozen bread dough, thawed  
1-1/2 C. (6 oz.) shredded mozzarella  
1 egg, beaten

Cook spinach, omit salt. Drain. Combine spinach and garlic salt, stir well. Divide dough in half. Roll each half into 13x6-1/2" rectangle. Spread half of spinach evenly over dough, and sprinkle with half of cheese. Roll up jelly roll fashion, starting at long side. Pinch seams and ends together to seal. Place roll seam side down, on a lightly greased baking sheet.

Repeat with remaining ingredients, and brush loaves with egg. Bake at 400° for 20 minutes. Cut into 1" slices and serve warm.

Cathy Arocho  
KKMC

#### STRAWBERRY NUT BREAD

3 C. flour  
1 tsp. soda  
1/2 tsp. cinnamon  
2 C. sugar  
2 10-oz. pkg. strawberries, thawed  
4 eggs, well beaten  
1 C. vegetable oil  
1-1/4 C. chopped nuts

Mix together and bake at 350°F.

Liz Butler  
KKMC

## ZUCCHINI BREAD

SERVES: 2 reg. loaves

- 3 eggs
- 2 C. sugar
- 3 tsp. vanilla
- 1 tsp. salt
- 3 tsp. cinnamon
- 1 C. oil
- 2 C. grated, peeled zucchini
- 3 C. sifted flour
- 1 tsp. soda
- 3/4 C. walnuts

Beat eggs until light and fluffy. Add oil, sugar, grated zucchini and vanilla. Mix lightly, but well. Add sifted dry ingredients. Mix until blended. Bake at 325° for 1 hour to 1 hour and 15 minutes. When cool remove from pan. Cool on racks.

\* Freezes well - packs nicely for mailing

## BAKED CHEESE GRITS

SERVES: 6-8

- 2-1/2 C. milk
- 3/4 C. uncooked reg. grits
- 1/2 C. margarine
- 1/2 tsp. salt
- 1/3 C. grated parmesan cheese
- 1 5-oz. jar sharp process cheese spread

Bring milk to a boil; add grits and cook until thickened (about 10 minutes) stirring often. Stir in margarine, salt and cheese; spoon into lightly greased 1 qt. casserole. Bake at 325° for 20 minutes.

Laurie Stein  
KKMC

## OYSTER-CORNBREAD DRESSING

For a 12 lb. bird

- 6 C. crumbled cornbread (Jiffy brand)
- 6 C. soft bread crumbs
- 1-1/2 tsp. salt
- 1/2 tsp. pepper
- 1-1/2 tsp. poultry seasoning
- 1 C. chopped celery
- 1/2 C. chopped onion
- 1/2 C. butter
- 1 can oysters (8 oz. can) drained (save juice)
- 2 eggs, beaten
- liquid from oysters plus enough milk to make 1/4 C.

Combine crumbs and seasonings. Lightly brown celery and onion in butter, stir in chopped oysters. Add to crumb mixture, mix lightly. Gradually add eggs and oyster liquid with milk. Stuff in bird; or bake in casserole dish for 1 hour.

Becky Farrell  
Riyadh

#### PURI

- 3 C. whole wheat flour
- 1 tsp. salt
- 1/4 C. oil
- 1/2 C. water
- oil for frying

Combine whole wheat flour, salt and oil and add water as it is needed to make soft dough and knead until it becomes smooth. Make small size balls (1 to 1-1/2 in.) and roll it into a round shape (3-4 in.). Heat the cooking oil then deep fry.

For spicy Puri, add the following ingredients:

- 1 tsp. tumeric
- 1 tsp. chili powder

Ila Patel  
India

#### WHOLE-WHEAT SESAME CRACKERS

Makes 400-500

- 4 C. whole-wheat flour (unsifted)
- 1-1/2 C. bran (soaked in 1-1/2 C. water)
- 1-1/2 C. sesame seeds
- 2 Tbsp. caraway seeds (optional)
- 1/2 to 1 tsp. salt
- 2/3 C. vegetable oil
- 1 to 1-1/4 C. water

In medium bowl put 1/2 C. bran and cover with 1-1/2 C. water. In large bowl mix flour, sesame seeds, caraway and salt. Into flour mixture pour oil, water and bran. Mix well. It should form soft dough (may need to add a little more water). Form into balls about the size of a fist. Roll each 1/8 in. thick between two sheets of wax paper. Transfer to cookie sheet. Score with knife to form squares. Bake at 375° for 20 minutes or until crisp and golden brown. Break apart along score lines.

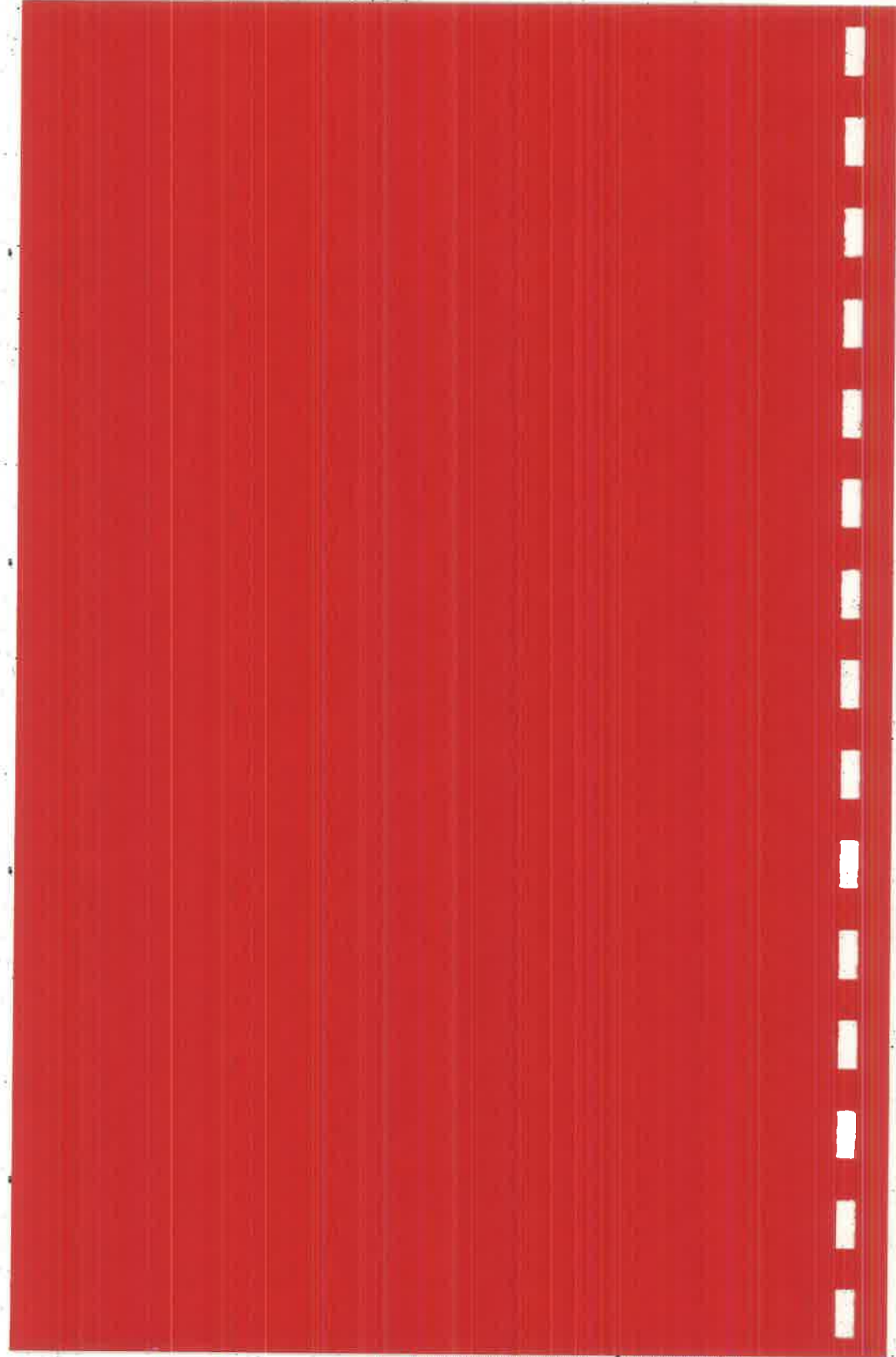
\* Can use bran buds or all bran.

\* Spray wax paper with Pam if dough sticks.

Betty McReynolds  
Riyadh

The  
Fruits  
of the  
Earth





## BROCCOLI ONION SOUP

SERVES 10-12

- 2 Tbsp. oil
- 3/4 C. chopped onion
- 6 C. water
- 6 chicken bouillon cubes
- 8 oz. fine egg noodles (4 C.)
- 1 tsp. salt
- 20 oz. frozen chopped broccoli
- 1/8 tsp. garlic powder
- 6 C. milk
- 1 lb. American cheese, cubed (4 C.)
- pepper to taste

Heat oil in large pan; saute onions over med. heat for 3 min. Add water and bouillon cubes. Heat to boiling, stirring occasionally, until cubes are dissolved. Gradually add noodles and salt so mixture continues to boil. Cook for 3 min.; stir occasionally. Stir in broccoli and garlic powder. Cook 4 min. more. Add milk, cheese and pepper and cook until cheese melts.

Georgann M. Ozbolt

## CAULIFLOWER SOUP

SERVES 4

- 1/3 C. frozen chopped onions
- 2 Tbsp. butter
- 1 pkg. (10 oz.) frozen cauliflower
- 1/2 C. frozen hash brown potatoes
- 1 C. water
- 1-1/4 tsp. salt
- 1-3/4 C. milk
- 1/2 C. grated Swiss cheese
- 1/4 tsp. herb pepper
- dash mace
- 2 Tbsp. parsley

Saute onions lightly in butter. Add next 4 ingredients and heat to boiling. Cover and simmer 5-8 minutes till tender. Blend smooth in food processor. Return to saucepan and add all other ingredients. Heat slowly - stirring often.

Liz Stanley

## CHICKEN CORN SOUP

A Pennsylvania Dutch Recipe

- 1 stewing chicken (about 4 lbs.)
- 4 qt. water

- 1 onion, chopped
- 10 ears of corn
- 1/2 C. celery, sliced
- 2 hard boiled eggs, chopped
- salt and pepper
- rivels

Put cut up chicken into water and cook slowly till tender, add salt. Remove chicken, cut the meat into small (1 in.) pieces and return to broth, together with corn, which has been cut from the cob, celery and pepper. Continue to simmer. Make rivels by combining 1 C. flour, a pinch of salt, 1 egg, and a little milk. Mix well with fork to form small crumbs, may be slightly sticky. Drop these into the soup, also celery and hard boiled eggs. Boil for 15 minutes longer.

Bonnie Jellison  
Khamis Mushayt

#### GULASCHSUPPE (GOULASH SOUP)

- 1 lb. beef (chili beef)
- 4 Tbsp. fat
- 1/2 lb. onions
- 2 cloves garlic
- 1 Tbsp. flour
- 5 C. beef broth
- salt and pepper
- paprika
- dash of sugar
- 2 green bell peppers
- 5 fresh tomatoes
- 6 oz. red wine
- 6 med. potatoes (optional)

Fry meat in hot grease til brown on all sides. Add chopped onions and chopped garlic. Add flour. Mix well with meat and add broth and spices.

Cook 40 min. in a large saucepan on top of stove - just at a simmer. Add finely chopped pepper and quartered tomatoes. Cook an additional 25 min. Add wine.

With Potatoes - Cube peeled potatoes, add with peppers and tomatoes. If not spicy enough try Tabasco sauce, chili powder or cayenne pepper (carefully).

Joan Wilson  
Riyadh-Germany

## LENTIL SHORBA (SOUP)

- 1 C. red lentils
- 6 C. of good stock
- 4 Tbsp. butter or fat
- 1/4 C. chopped parsley
- 1 sm. onion
- 1/3 C. vermicelli or rice
- salt and pepper
- 1 lemon

Wash the lentils and boil them in stock until tender. Press thru sieve so that puree is very thin. If necessary, add a little more stock. In another pan, melt the butter, fry the thinly sliced onion and saute the vermicelli or rice. When well fried, add puree and simmer gently. Season to taste. When serving, sprinkle with chopped parsley and squeeze fresh lemon on top.

Widad Metti  
Tabuk

## P.J.'S BASQUE SOUP

SERVES: 4-6  
2 qts.

- 1 lb. loose sausage
  - 1 garlic clove - mashed
  - 1 14-1/2-oz. canned tomatoes - cut up
  - 20 oz. beef broth (or 1 can Campbell's beef broth +  
1 can water)
  - 8 sm. white onions, peeled, halved lengthwise  
(or 1 lg. onion cut in eighths)
  - 2 med. potatoes - peeled or unpeeled, cut in eighths
  - 1 bay leaf
  - 1 15-oz. can drained red kidney beans
  - salt and pepper
1. Brown sausage in kettle - drain excess fat (can use squigy baster).
  2. Add garlic, tomatoes, beef broth; stir well.
  3. Add beans, onions, potatoes, bay leaf.
  4. Season lightly with salt and freshly ground pepper.
  5. Bring to boil: lower heat.
  6. Cover and simmer 40 minutes.

Serve with hot french bread.  
A meal in itself

P. Johanna deDeugd  
Riyadh

## RUSSIAN MENNENITE BORSHT

- beef soup bone (any amount of meat)
- 1 lg. head of cabbage
- 1 lg. onion
- 2 cans of whole tomatoes
- 1 can of tomato juice
- 2 cans of tomato sauce
- 6 med. sized potatoes
- sprigs of parsley
- 6 whole pepper corns
- 1 bay leaf
- dill stalk (preferably dried)      salt to taste
- (sour or sweet cream to add after soup is removed from flames to be served)

Cover meat with water and simmer until tender. Add the seasonings in herb bag and allow to simmer with meat. One hour before serving, add tomatoes from cans and chopped vegetables.

Lorna Mueller  
KKMC-Russia

## UKRAINIAN BORSCHT

- 3-4 med. pork chops
- 4-5 med. size potatoes (cubed)
- 4-5 carrots (sliced)
- 1 med. onion (chopped)
- 2 qt. water (with canned beets or 3 qt. with fresh beets)
- 4 lbs. fresh beets (sub. 2 16-oz. jars pickled beets and 2 16-oz. cans whole or sliced beets, juice included)
- salt and pepper to taste

In large pan put pork chops, potatoes, carrots, onion, water and beets. Bring to boil and cook until pork chops are done. Remove pork chops when done and cut into small pieces. Put cut up pork chops back into borscht and simmer for 1-2 hours. Eat as soup with rye bread or mashed potatoes.

Irene & Ron Sabelhaus

KKMC-Russia

## AVOCADO AND ORANGE SALAD

Dressing: In a jar, combine 1/2 C. salad oil, 1-1/2 tsp. finely chopped orange peel, C. orange juice, 4 tsp. sugar, 1-1/2 tsp. finely chopped lemon peel, 2 Tbsp. lemon juice, 2 Tbsp. vinegar 1/2

tsp. dry mustard, 1/2 tsp. salt. Shake well.

Peel 2 lg. oranges and cut into small wedges. Combine with 1 small red onion, sliced and separated into rings. Pour dressing over and coat well. Refrigerate.

At serving time, drain orange mixture, reserving dressing. Peel and slice 1 large avocado. In a large bowl, place about 8 C. mixed greens. Arrange the oranges, onions and avocado slices atop. Drizzle with desired amount of dressing.

Judy McDaniel  
Riyadh

#### CHERRY DELIGHT SALAD

SERVES 8-10

2 or 3 bananas

- 1 20-oz. can of pineapple chunks, drained
- 1 C. pecans coarsley chopped
- 1 C. miniature marshmallows
- 1 20-oz. can (2-1/2 C.) cherry pie filling

Score bananas twice and cut into 1/2 in. chunks. If desired, cut pineapple chunks once. Add pecans, marshmallows and pie filling and mix together well. Chill 1 hour.

Vicki Brecht  
Riyadh

#### CHRISTMAS LAYERED SALAD

- 1 sm. box lime jello
- 1 C. boiling water
- 1/2 C. cold water
- 1 can crushed pineapple
- 1 sm. lemon jello
- 2 3-oz. pkg. cream cheese, softened
- 1 C. boiling water
- 1 C. cold water
- 1 sm. box strawberry jello
- 1 can apricots, puree or 2 jars baby apricots

Dissolve lime jello in boiling water. Stir in 1/2 cup cold water and pineapple. Pour into oiled ring mold. Chill until firm. Combine lemon jello and cream cheese. Pour boiling water over mixture and dissolve. Add cold water. Pour over lime-pineapple mixture. Chill until firm. Dissolve strawberry jello in boiling water. Add pureed

apricots. Pour over lemon layer. Chill overnight. Unmold on chilled serving plate. Garnish with lettuce leaves.

Maxine Brown  
Atlanta, GA

(Judy McDaniel's Mom)

#### CRANBERRY SALAD

SERVES 12-14

- 1 pkg. fresh cranberries
- 2 med. apples (do not peel)

Grind cranberries and apples. Add bag of miniature marshmallows

Add:

- 1 sm. can crushed pineapple
- 1 C. chopped pecans
- 2 C. sugar

Mix and let stand overnight in refrigerator. Then add 1 pt. of whipped cream. Can be frozen, thawed and refrozen.

Joyce White  
Riyadh-Texas

#### FOUR FRUITED SALAD

SERVES 8

- 1 8-oz. can crushed pineapple, chilled and drained
- 1/2 C. buttermilk
- 1 envelope vanilla instant breakfast mix
- 1 tsp. lemon juice
- several drops almond extract
- 1 16-oz. can sliced peaches chilled and drained
- 1 16-oz. can pear halves chilled and drained
- 1 16-oz. can pitted, light, sweet cherries, chilled and drained

Dressing: Combine drained pineapple, buttermilk, dry vanilla, lemon juice and almond. Set aside.

In serving bowl combine chilled and drained peaches, pears and cherries. Pour dressing over fruit.

Lillian Greer  
Riyadh

## PEAR DELIGHT

SERVES 9

- 1 can lg. pears (1 lb. 13 oz.)
- 1 3-oz. box lime jello
- 1 3-oz. pkg. cream cheese
- 1 2-oz. box Dream Whip

Heat juice from pears and dissolve jello in juice. Stir until jello dissolves. Mash pears and cream cheese together. Whip Dream Whip using the directions on box. Add Dream Whip to mashed pears and creamed cheese mixture. Add jello to Dream Whip mixture after jello has cooled. Pour into 8x11 in. pyrex dish and put in refrigerator until congealed. Cut into 9 servings. Allow 4 hours for this to set up.

Mrs. Robert L. Freeman  
Virginia

## PRETZEL SALAD

Layer #1: Mix 2 C. crushed pretzels with 3/4 C. melted butter or margarine. Pat into 9x13 in. pan. Bake 400° for 8 minutes. Cool.

Layer #2: Cream 1 C. sugar and 8 oz. cream cheese. Fold in medium size cool whip. Spread over cooled pretzel layer.

Layer #3: Mix 1 large pkg. strawberry jello and 2 C. boiling water. Add 2 10-oz. pkg. frozen strawberries. Chill until it begins to thicken. Spread over cheese layer. Chill until set.

Lillian Greer

Riyadh

## STRAWBERRY SURPRISE

- 2 3-oz. pkg. strawberry jello
- 2 10-oz. pkg. frozen strawberries
- 1 13-1/2-oz. can crushed pineapple, drained
- 2 lg. ripe bananas, diced
- 1 C. dairy sour cream

Dissolve 2 pkg. of jello in 2 C. of boiling water, add strawberries. Stir occasionally until thawed. Add drained pineapple and 2 bananas. Pour half mixture into 8x8x2 in. baking dish. Chill until firm. Spread evenly with sour cream and pour remainder of jello mixture on top. When firm cut in squares and may be served with sour cream on top.

Barbara Carter  
Virginia

## TWO TONE SALAD

SERVES Many

### Part I:

- 1 pkg. lemon jello
- 1 C. hot water
- 1 pt. whipped cream
- 1-1/2 C. cottage cheese

Dissolve jello in hot water. Cool slightly, then beat with egg beater until frosty. Add whipped cream. Blend thoroughly, then add cottage cheese. Pour into 9x13 in. pan and allow to set in refrigerator until firm.

### Part II:

- 1 pkg. lime jello
- 1 C. hot water
- 1 C. pineapple juice
- 1 C. pineapple
- 1/3 C. maraschino cherries and nuts

Dissolve jelly in the hot water and add pineapple juice. Cool, then add 1 C. chopped pineapple, 1/3 C. maraschino cherries and 1/3 C. chopped nuts. Pour this on top of first mixture and allow to set overnight or for several hours. Cut into individual servings and serve on crisp lettuce.

Is especially beautiful at Christmas

Karen Kirkman  
Riyadh

## DIETER'S BEAN SALAD

- 1 can 16-oz. kidney beans, drained
- 2 med. tomatoes, chopped
- 1 med. apple, chopped
- 1 med. onion, chopped
- 1 tsp. chili powder
- 1/2 tsp. dry mustard
- 2 tsp. wine vinegar
- 4 oz. shredded cheddar cheese

Mix all ingredients together well. Chill at least 1 hour before serving or overnight.

Linda Chambron  
Riyadh

## MEN'S LIBERATION SALAD

- 4 C. cooked drained kidney beans
- 1 C. french dressing
- 1/2 C. sliced celery
- 1/2 C. chopped onion
- 2 6-oz. jars marinated artichoke hearts
- onion rings
- radish slices

Place beans in bowl. Add dressing, celery, onion and artichok Cover and refrigerate overnight.

At serving time, drain off excess dressing. Heap mixture into serving bowl and sprinkle with freshly ground pepper. Garnish with onion rings and radish slices.

Judy McDaniel  
Riyadh

## BROCCOLI/CAULIFLOWER/CHERRY TOMATO SALAD      SERVES 8-10

- 2 bunches broccoli
- 2 heads cauliflower
- 1 box cherry tomatoes
- 1 C. vinegar
- 1 Tbsp. dillweed
- 1 Tbsp. sugar
- 1 Tbsp. salt
- 1 tsp. pepper
- 1/8 tsp. garlic powder
- 1 C. oil

Mix well and marinate at least 24 hours.

Georgann M. Ozbolt  
Riyadh

## MARINATED CABBAGE SLAW

- 3 qt. cabbage
- 1 lg. green pepper
- 1 red (sweet) pepper
- 2 med. onions

All of the above should be shredded.

Dressing:

- 1 pt. vinegar
- 2-1/2 C. sugar

- 1-1/2 tsp. celery seed
- 1 tsp. dry mustard
- 1 tsp. salt
- 1/2 tsp. tumeric

In saucepan mix dressing ingredients and bring to boil.

Pour over shredded vegetables and toss until coated. Let stand 12 hours before serving.

Can be refrigerated several weeks.

Norma Campbell  
Atlanta, GA

#### COLESLAW FOR FREEZING

SERVES 10

- 1 med. cabbage head, shredded
- 1 carrot, grated
- 1 green pepper, chopped
- 1 tsp. salt

Mix salt and cabbage. Let stand 1 hour. Squeeze - add carrot and pepper. Pour dressing over mix, put in containers, cover and freeze.

#### Dressing:

- 1 C. cider vinegar
- 1/4 C. water
- 1 tsp. whole mustard seed
- 1 tsp. celery seed
- 2 C. white sugar

Bring to boil and boil 1 min. Cool to lukewarm and pour over mixture.

Viona Beene  
Riyadh

#### CORN SALAD (Easy and Delicious)

SERVES 4-6

- 1 12-oz. can Mexican:
- 1 12-oz. can shoe peg (white) corn  
(or yellow can be used) 1/2 jar (4 oz.) creamy Italian dressing
- 1/2 C. fresh chopped green pepper 1/2 C. fresh chopped onion

Drain corn very well. Mix all ingredients. Refrigerate.

Becky Farrell  
Riyadh

**PIMENTO-CORN RELISH**

**Makes 4 cups**

- 2 12 or 16 oz. cans whole kernel corn
- 2 tsp. mustard seed
- 1 tsp. dry mustard
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2/3 C. vinegar
- 2 Tbsp. salad oil
- 1 lg. onion, diced
- 2 pimentos, diced

Drain liquid from corn into small saucepan; stir in mustard seed, dry mustard, salt, pepper, vinegar, and salad oil. Heat to boiling point. Combine corn, onion and pimentos in medium size bowl. Pour hot liquid over corn and toss lightly to mix. Cover and chill at least 1 hour to blend flavors. Spoon into relish jar and garnish with a few onion rings.

Olivia Cullen  
KKMC

**CUCUMBER SALAD**

**SERVES 4**

- 1 lg. seedless cucumber (or 2 sm. waxed cucumbers)
- 2 Tbsp. vinegar
- 2 tsp. soy sauce
- 1 tsp. sugar
- 1 tsp. untoasted sesame seeds
- 4 oz. cooked baby shrimp (optional)

Peel cucumber, if waxed; otherwise, leave skin on. Slice thin and blot dry with paper towels. Combine vinegar, soy sauce and sugar. Place cucumber slices in serving bowl, add liquid mixture and top with sesame seeds and shrimp (optional)

Sue Westerberg  
Riyadh

**KUWAIT CUCUMBER SALAD**

**SERVES 2**

- 1 Tbsp. butter

- 1 onion, chopped
- 3 tsp. minced green pepper
- 2 tsp. ginger
- salt to taste
- 1 C. yogurt
- 1 cucumber, peeled and chopped

Melt butter in saucepan. Add onion, green pepper, ginger, sugar and salt. Cook over low heat until onion is tender. Remove from heat. Stir in yogurt and cucumber. Chill for 1 hour.

#### Arab World Cookbook

### FLORENTINE SALAD

SERVES 10

- 1-1/2 lb. fresh spinach
- 1 clove garlic, slivered
- 3/4 C. salad oil
- 1/2 C. red wine vinegar
- 1/2 tsp. salt
- 1/4 tsp. fresh ground black pepper
- 3 hard cooked eggs, chopped
- 4 slices bacon, crisply fried and crumbled

Wash spinach, remove stems if tough, and tear leaves into bite size pieces if large, dry. Chill 2 hours. Let garlic stand in oil 1 hour - remove.

Just before serving, heat oil, vinegar, salt and pepper in small chafing dish or saucepan over low heat, stirring constantly. Remove from heat. Toss hot dressing with spinach til well coated. Toss with eggs and bacon. Serve immediately.

Cheryl Faulkner-Kilby  
Riyadh

### LAYERED SALAD

Layer in a bowl, in the following order:

- 1 head lettuce (iceberg) - cut up dry
- 1 lb. bacon - fried and crumbled
- 1 lg. Bermuda or Italian onion, sliced
- 1 med. head cauliflower, cut up

Ice top with a mixture of 2 C. mayonnaise  
1/2 C. parmesan cheese

Refrigerate overnight. Toss before serving. Keeps well.

Joan Wilson  
Riyadh

#### LAYERED SALAD

- 1 lg. head of iceberg lettuce, torn up
- 1-2 green peppers, cut up
- 1 bunch spring onions, cut up
- 1 can water chestnuts, sliced thin
- 1 pkg. frozen peas, separated (not cooked)
- parmesan cheese
- 4-6 slices of bacon, fried and broken into bits
- 2 C. mayonnaise
- 1-2 Tbsp. sugar

Make layers in a bowl of first five ingredients. Combine sugar and mayonnaise and spread over peas, covering completely. Sprinkle with parmesan cheese. Cover with foil and refrigerate 12 hours. Just before serving, add bacon and toss.

Michelle Leake  
Jeddah

#### LAYERED SALAD

- layer of shredded lettuce
- layer of shredded onions
- layer of shredded celery
- layer of shredded carrots
- sm. green pepper, chopped
- 1 pkg. frozen green peas

Layer all ingredients in large bowl in order given. Do not toss. Cover entire salad with a layer of mayonnaise and sprinkle with bacon bits. Cover tightly and refrigerate for at least 5 hours.

Vicki Brecht  
Riyadh

#### OLIVE SALAD - CONDITE

SERVES 8

- 1 lg. jar green stuffed olives (20 oz.)
- 1 green pepper
- 2 sm. onions
- 2 stalks celery
- 1 chili pepper (red if available)
- 1 C. olive juice
- 3/4 C. cider vinegar

- 1 Tbsp. lemon juice
- 1 tsp. oregano
- 1-1/2 Tbsp. olive oil
- 3 cloves garlic, pressed
- 1 sm. jar pimento
- 1 Tbsp. capers

Parboil green pepper, onions and celery for 5 minutes. Mix all ingredients together and marinate overnight or longer. Serve salad chilled over bed of lettuce.

Pat Lewis  
KKMC

#### GERMAN POTATO SALAD

SERVES 8-10

- 1/2 lb. bacon (10-12 slices)
- 1/2 C. onion
- 2 Tbsp. flour, all-purpose
- 2 Tbsp. sugar
- 1-1/2 tsp. salt
- 1 tsp. celery seed
- 1/2 C. vinegar 6 C. potato slices, cooked
- 2 eggs, hard-cooked, sliced
- parsley and pimento (optional)
- bacon curls (optional)

Cook bacon til crisp; drain and crumble, reserving C. fat. Cook onion in reserved fat til tender. Blend in flour, sugar, salt, celery seed, and dash pepper; add vinegar and 1 C. water cook and stir til thickened and bubbly. Add bacon, potatoes and eggs; heat thoroughly, tossing lightly. Garnish with parsley, pimento, and bacon curls.

Ada Fisher  
Jubail-Germany

#### SOUTHERN POTATO SALAD

- 7 or 8 med. to lg. potatoes, boiled
- 6 hard-cooked eggs
- 1 lg. bunch green onions
- 6 or 7 stalks celery
- 1 10-oz. jar salad cubes or sweet relish
- 1 lg. jar pimentos
- mayonnaise
- salt and pepper
- celery seed
- paprika

While potatoes and eggs are still hot, chop and mix with chopped

green onions, celery, salad cubes and pimentos. Mix in enough mayonnaise to bind well. Add salt, pepper, celery seed to taste. Sprinkle with paprika. Chill well before serving.

Carolyn Boone  
KKMC

#### RICE AND ARTICHOKE SALAD

SERVES 6-8

Prepare box of chicken flavored rice, omit butter. While rice is cooking:

Dice 1/2 bell pepper  
Chop 2 green onions  
Slice 8-10 green olives with pimento

Drain 2 sm. jars of marinated artichoke hearts and save marinade. Slice hearts. Mix together marinade, 1/3 C. mayonnaise, tsp. curry powder. After rice has cooled to room temperature, mix vegetables with rice, then mix in hearts and dressing. Chill. Garnish with lettuce or parsley.

Lillian Greer  
Riyadh

#### GERMAN SLAW

1 head cabbage, chopped  
1 lg. onion, sliced thin  
1 green pepper, chopped  
1/2 C. sugar  
1/2 C. vinegar  
1/2 C. salad oil  
1 Tbsp. salt  
1 tsp. dry mustard  
1 tsp. celery seed  
1 Tbsp. sugar

Layer cabbage, onion and pepper in bowl. Pour 1/2 cup sugar on top. Boil together vinegar, oil, salt, mustard, celery seed and sugar. Pour hot mixture over top. Cover tightly and refrigerate.

Gail Banks  
KKMC

#### SPINACH SALAD

SERVES 4-6

1 lb. fresh spinach

- 1/2 C. pecans, broken up
- 1 C. cottage cheese
- 1 C. sour cream
- 2 tsp. white horseradish
- 3 tsp. vinegar
- 1 sm. onion, dicel
- 1/4 C. sugar
- 1/2 tsp. dry mustard

Wash spinach, pat dry and break leaves into small pieces. Refrigerate. Combine remaining ingredients and chill at least 4 hours. When ready to serve, mix spinach leaves with dressin and toss lightly.

Sue Westerberg  
Riyadh

### SUMMERTIME MACARONI SALAD

- 1 lb. macaroni, cooked according to pkg. directions
- 2 sm. tomatoes, chopped
- 2 cucumbers, sliced
- 1 sm. onion, chopped
- 6 hard-boiled eggs, chopped

#### Dressing:

mayonnaise  
mustard  
sugar  
vinegar

No set amounts - mix together, starting with 1/2 C. of mayonnaise and adding other ingredients to taste. You should have enough dressing to mix with macaroni, tomatoes, cucumbers, onion and eggs. Chill before serving. Serve on bed of lettuce and sprinkle with paprika for bright coloring.

Sue Westerberg  
Riyadh

### TABBOULEH

SERVES 4-6

- 3 oz. fine burghul wheat
- 3 med. size fresh tomatoes
- 3/4 oz. finely chopped parsley
- 1/2 C. finely chopped onion
- 4 Tbsp. lemon juice
- 1-1/2 tsp. salt
- 4 Tbsp. olive oil

1-1/2 Tbsp. finely chopped fresh mint

Place the burghul in a bowl and add cold water to cover. Let it soak 10 min., then drain in sieve. Place burghul in paper towels and squeeze until dry. Drop burghul into deep bowl and add tomatoes, parsley, onions, lemon juice and salt and toss gently with a fork.

Just before serving, stir in the olive oil and mint. Serve on lettuce leaves.

#### Arab World Cookbook

#### "B" SALAD

SERVES 4

What's a salad? A bowl of lettuce with a few tidbits thrown in and covered with some bottled dressing...right? Not any more

Try this...toss together in a large salad bowl:

- 1 lg. minced onion
- 1 lg. avocado, cubed
- 1 or 2 cucumbers, peeled and cubed
- 1 can tuna fish, drained
- 4 long stalks celery, sliced
- 1 bell pepper, diced
- 1/2 lb. cooked boiled ham, cubed
- 1/2 lb. longhorn cheese, cubed
- 1 tomato, cubed

Warning: DO NOT PUT LETTUCE IN THIS SALAD

Serve ice cold with Hidden Valley Ranch Dressing and a cold Chablis.

Brian Dean

Riyadh

#### BEEF AND MUSHROOM SALAD

SERVES 6-8

- 1-1/2 to 2 lb. sirloin, T-bone or fillet, 1-1/2" thick
- 1 can (4-1/2 oz.) sliced mushrooms, drained
- 1 med. green pepper, sliced
- 1 sm. onion, sliced thin
- 1/3 C. red wine vinegar
- 1/4 C. salad oil
- 1 tsp. salt
- 1/4 tsp. onion salt
- 1/2 tsp. worcestershire
- 1/4 tsp. pepper
- 1/4 tsp. tarragon leaves

2                    cloves garlic crushed or    tsp. garlic powder

1.    Broil steak, unseasoned, to desired doneness.    (Can use leftover steak)
2.    Cut steak into narrow strips (3/8").
3.    Arrange in shallow dish.
4.    Layer - meat, onions, mushrooms, peppers.
5.    Prepare marinade with remaining ingredients and pour over meat and vegetables.
6.    Refrigerate at least 3 hours (all day if possible).

Betty McReynolds  
Riyadh

#### BAKED CHICKEN SALAD

SERVES 8

- 4    C. diced cooked chicken
- 4    C. diced celery
- 1    tsp. salt
- 3    tsp. grated onion
- 3    tsp. fresh lemon juice
- 1    C. Chinese noodles
- 1/4 C. chopped red or green pepper
- 1    C. mayonnaise
- 1    can cream of mushroom soup
- 1    C. grated cheddar cheese
- 1/2 C. slivered almonds

Mix all together except half of cheese. Pour into greased baking pan, 2 qt. size. Cover with noodles. Sprinkle with cheese. Bake in 350° oven 25-30 min. until hot and bubbly.

Alice Becker  
Riyadh

#### FRUITED SUMMER CHICKEN SALAD

SERVES 6-8

- 1    can (15 oz.) pineapple chunks, well drained
- 4    C. diced chicken
- 1    C. chopped celery
- 1    can (11 oz.) mandarin orange sections, drained
- 1/2 C. sliced pitted ripe olives
- 1/2 C. green peppers
- 2    Tbsp. chopped onions
- 1    Tbsp. mustard, prepared 1    C. mayonnaise
- 1    can (5 oz.) LaChoy Chow Mein Noodles

Mix chicken, pineapple, orange sections, celery, olives, pepper and onions in a large bowl. Blend in mustard and mayonnaise. Chill

several hours before serving. Toss in Chow Mein Noodles just before serving. Serve on lettuce leaves.

Lillian Greer  
Riyadh

#### CHICKEN ALMOND SALAD

SERVES 4-6

- 2-1/2 C. diced chicken meat
- 1/2 C. diced celery
- 1/4 C. minced green pepper
- 1/2 tsp. grated onion
- 1/4 C. toasted almonds
- 1/3 C. mayonnaise
- 1 Tbsp. lemon juice
- 1 tsp. salt

Combine all ingredients and refrigerate. Can be served in sandwiches, on a bed of lettuce or in hollowed out pineapple.

Sue Westerberg  
Riyadh

#### SPINACH AND CHICKEN SALAD

SERVES 4

- 1 lb. spinach leaves, cleaned
- 8 strips cooked bacon, chopped
- 4 hard boiled eggs, sliced
- 4 sliced raw onion, separated
- 1/2 oz. chicken almond salad (see recipe above)
- 1 tsp. sesame seeds
- 1 tsp. mayonnaise
- paprika and parsley - garnish
- 4 pineapple wedges
- 1 C. mandarin oranges
- 1 8-oz. bottled bacon dressing

Combine spinach, bacon, eggs and onions. Place in 4 serving bowls. Place chicken salad in serving bowls in center of spinach leaves. Place C. orange wedges and 1 pineapple wedge around chicken salad. Top with sesame seeds, mayonnaise paprika and parsley. Serve with bacon dressing.

Sue Westerberg  
Riyadh

#### MOLDED CRAB SALAD

SERVES 6

- 2 C. crab meat
- 1/2 C. celery, finely chopped

- 2 Tbsp. sweet pickle, finely chopped
- 1/3 C. cider vinegar
- 1/2 C. mayonnaise
- 1/2 C. ketchup
- 1 envelope gelatine
- 1/2 C. cold water
- 1/2 C. boiling water

Soften gelatine in cold water. Add boiling water and stir until dissolved. Add other ingredients. Turn into 3 cup mold that has been rinsed with cold water. Chill until firm. Unmold on bed of lettuce. Garnish with olives, deviled eggs and sliced tomatoes. Can also be used as a dip with bugles.

Viona Beene  
Riyadh

#### HOT AND SOUR SHRIMP SALAD

- 1 C. shelled and cleaned shrimp
- 1 Tbsp. finely chopped lemon grass
- 1 Tbsp. sliced red onion
- 2 Tbsp. lemon or lime juice
- 1 tsp. garlic salt
- 1 tsp. chili powder
- 1 Tbsp. chopped spring onion and coriander
- 10 mint leaves
- 1 lettuce

Using aluminium foil, wrap the shrimp. Place on the burner and cook for 2 min. on each side. Unwrap and place in a bowl. Season with lemon juice, garlic salt and chili powder; mix well. Add lemon grass, red onion and chopped spring onion and coriander; toss lightly. Place mixture on serving plate, top with mint leaves, decorate with lettuce.

Kyoung Jea DeSpain  
Riyadh

#### TACO SALAD

SERVES 6

- 1-1/2 lb. ground chuck
- 1 C. Catalina dressing
- 1 med. onion, chopped
- salt
- pepper
- oregano
- 1 envelope taco seasoning
- 1/2 med. head of lettuce, shredded
- 2 tomatoes, cut in wedges
- 1 can corn, drained

- 1/2 C. sliced radishes
- 1 6-oz. pkg. corn chips
- 1 sliced avocado
- 6 oz. shredded sharp cheese
- 12 sliced ripe olives
- 8 oz. sour cream

Brown chuck, drain. Stir in 1/3 C. dressing, taco seasoning, and salt, pepper and oregano to taste.

Toss lettuce, corn, radishes and remaining dressing.

Spread corn chips on bottom of serving dish. Spoon meat mixture on top. Ring with salad mixture. Arrange tomato and avocado around edge. Sprinkle cheese over all. Garnish with sour cream and olives.

Judy McDaniel  
Riyadh

#### BLUE CHEESE DRESSING

SERVES 4-6

- 4 oz. crumbled blue cheese
- 8 oz. sour cream (1 C.)
- 3 Tbsp. milk
- 1/4 tsp. sugar
- 1/4 tsp. salt
- 1/8 tsp. pepper

Mix all ingredients thoroughly. Refrigerate until ready to use.

\* For a lighter dressing substitute 1 C. of low fat yogurt for the sour cream and leave out the milk.

\* This makes a good dip with vegetables.

Betty McReynolds  
Riyadh

#### CELERY SEED DRESSING

Makes 2 cups

- 2/3 C. sugar
- 1 tsp. dry mustard
- 1 tsp. paprika
- 1 tsp. celery seed
- 1/4 tsp. salt
- 1/3 C. honey
- 1/3 C. vinegar
- 1 Tbsp. lemon juice

- 1 tsp. grated onion
- 1 C. salad oil

Mix dry ingredients; blend in honey, vinegar, lemon juice and onion. Add oil in slow stream, beating constantly with electric mixer, til thick. Chill thoroughly.

Anonymous Gourmand

#### CITRUS SESAME DRESSING

Makes 2 cups

- 1 C. orange juice
- 1/4 C. red wine vinegar
- 1/2 C. vegetable oil
- 1 Tbsp. soy sauce
- 2 Tbsp. sesame oil
- 1/2 tsp. salt
- 1/2 tsp. dry mustard
- 1/2 tsp. dill weed
- 1 lg. clove garlic, crushed

Combine all ingredients together and mix well. Chill before using.

Anonymous Gourmand

#### CREAMY CUCUMBER DRESSING

Makes approx. 2-3/4 cup

- 1 med. (7") cucumber, seeded and chopped
- 1-1/2 C. buttermilk
- 1 clove garlic, crushed
- 1/2 tsp. salt
- 1/4 C. red wine vinegar
- 2 tsp. prepared horseradish
- 1 tsp. dill weed
- 1 tsp. mild paprika

Puree all ingredients together in a blender or food processor fitted with steel blade.

Anonymous Gourmand

#### DELECTABLE MUSTARD DRESSING

Makes 1 cup

- 2 Tbsp. dijon-style mustard
- 1/4 C. dry white wine
- 1/2 C. olive oil

1/4 C. half and half  
salt  
pepper  
cayenne

Whisk together all ingredients until well combined.

Anonymous Gourmand

#### GRECIAN DELITE SALAD DRESSING

Place in a large jar or shaker the following:

1/3 C. wine vinegar  
2/3 C. vegetable oil  
juice of 1/2 lemon  
1 tsp. oregano  
1 tsp. parsley flakes  
1/3 tsp. black pepper  
1/3 tsp. salt  
1 Tbsp. grated parmesan cheese  
1 tsp. garlic powder

Mix or shake well. The above ingredients can be prepared before your meal and refrigerated. Make a double batch and have it ready for daily salads. Dressing may be used for marinating mushrooms, cauliflowereretts, broccoli, etc. Feta cheese and greek olives may be tossed with your favorite greens to add an extra measure of flavor.

George J. Parrs  
Riyadh

#### HERB AND GARLIC VINAIGRETTE

Makes 3/4 cup

2 med. cloves of garlic, crushed  
5 Tbsp. olive oil  
5 Tbsp. red wine vinegar  
1/4 tsp. salt  
black pepper  
pinch of celery seeds  
1/4 tsp. each: dry mustard  
dill weed  
oregano  
basil  
2 sm. scallions, minced  
1 Tbsp. orange or lemon juice

Combine all ingredients together and mix well. This dressing is much

better when fresh garlic and herbs are used. Chill thoroughly before using.

Anonymous Gourmand

### PARMESAN DRESSING

- 1/2 C. mayonnaise
- 1/2 C. sour cream
- 1 tsp. dry mustard
- 1/2 C. parmesan cheese
- 3 Tbsp. milk
- 1 Tbsp. cooking sherry
- 1 tsp. grated onion

Blend everything together well. Chill at least 2 hours before serving.

This recipe can be used on salads or as a vegetable dip.

Linda Chambron  
Riyadh

### TOFU DRESSING

Makes approx. 2-3/4 cup

- 1 lb. (usually 4 cakes) soft Tofu
- 1/2 C. cider vinegar
- 2 Tbsp. soy sauce
- 1 tsp. dill weed
- 1/4 C. oil
- black pepper - to taste
- 1/4 tsp. salt or to taste
- 1/4 C. finely minced green pepper
- 1/4 C. finely minced fresh parsley
- 2 med. cloves garlic, crushed

Puree the tofu with vinegar and soy sauce in a blender or food processor using the steel blade. Mix in the remaining ingredients. Chill in a tightly covered container.

Anonymous Gourmand

### MARINADE FOR STEAKS OR WHATEVER!

- 1-1/2 C. salad oil
- 3/4 C. soy sauce
- 1/4 C. Worcestershire sauce
- 1/2 C. wine (or cooking sherry)
- 1/3 C. fresh lemon juice

- 2-1/4 tsp. salt
- 1 Tbsp. pepper, black
- 1-1/2 tsp. parsley flakes
- 2 Tbsp. dry mustard
- 2 cloves garlic, crushed

Combine all ingredients in an empty jar. Store in the refrigerator overnight. May be used 3 or 4 times. You may also freeze the marinade for future use.

J. Toni Hedrick  
Riyadh

PASTA CON SALSA VERDE DA VENEZIA      SERVES 6  
OR  
DAMN GOOD SPAGHETTI IN A HURRY

- 2 8-oz. pkg. cream cheese
- 1/4 C. oil
- 1/2 lb. butter (not margarine)
- 3 cloves garlic, finely chopped
- 2 Tbsp. oregano
- 3 Tbsp. parsley flakes
- 1/2 tsp. rosemary
- 1/2 tsp. basil
- 1 tsp. fresh ground black pepper
- 1/2 tsp. salt
- 1/2 C. grated parmesan cheese
- 1 C. rapidly boiling water

Melt butter and oil together in a 2 qt. saucepan. Add garlic, oregano and parsley and simmer for 5 min. or until the kitchen smells like a pizzeria. Over med. low heat, add the cream cheese, rosemary, basil, pepper and salt. Stirring occasional melt the cheese and blend all ingredients thoroughly. Add parmesan cheese. At this point the whole mess will look like something you should have thrown out last Saturday! That means you're doing fine! Remove from heat and slowly blend in boiling water while beating with a wire whisk or electric mixer. Make it just a little thinner than you wish to serve it. It thickens as it cools. Serve over spaghetti or noodles (which, of course, you had the foresight to prepare), with a sprig of fresh parsley or sprinkled with parsley flakes. Marvelous with Chianti!

Brian Dean  
Riyadh

PIZZA SAUCE

Makes 2 16" pizzas

- 2 8-oz. cans tomato sauce

- 2 6-oz. cans tomato paste  
(or 1 12-oz. can)
- 2 lg. cloves crushed or minced garlic
- 4 tsp. sugar
- 2 tsp. oregano
- 1-1/2 tsp. basil
- 1/2-1 tsp. crushed red pepper

Blend the above ingredients together in a medium mixing bowl. Blend by hand or use an electric mixer until smooth.

Marilyn Baldwin  
Al Batin

#### THE BEST TEMPURA BATTER EVER

- 1 C. all purpose flour
- 1 C. water, cold
- 1/2 tsp. salt
- 2 tsp. baking powder

Mix all ingredients together. Dip in your butterfly shrimp, vegetables, or whatever and deep fry in your wok (heated to 400°). If you do not have a wok, you may use any heavy sauce pan. Heat your oil set at medium high on your stove.

This is the best Tempura batter I've ever had. It's very light and tasty!!

#### DIPPING SAUCE FOR TEMPURA

- 1/2 C. soy sauce
- 1 Tbsp. sugar
- 1/4 C. saki
- 1 C. water
- dash of Accent

Bring all ingredients to a boil. Ready to use.

J. Toni Hedrick  
Riyadh

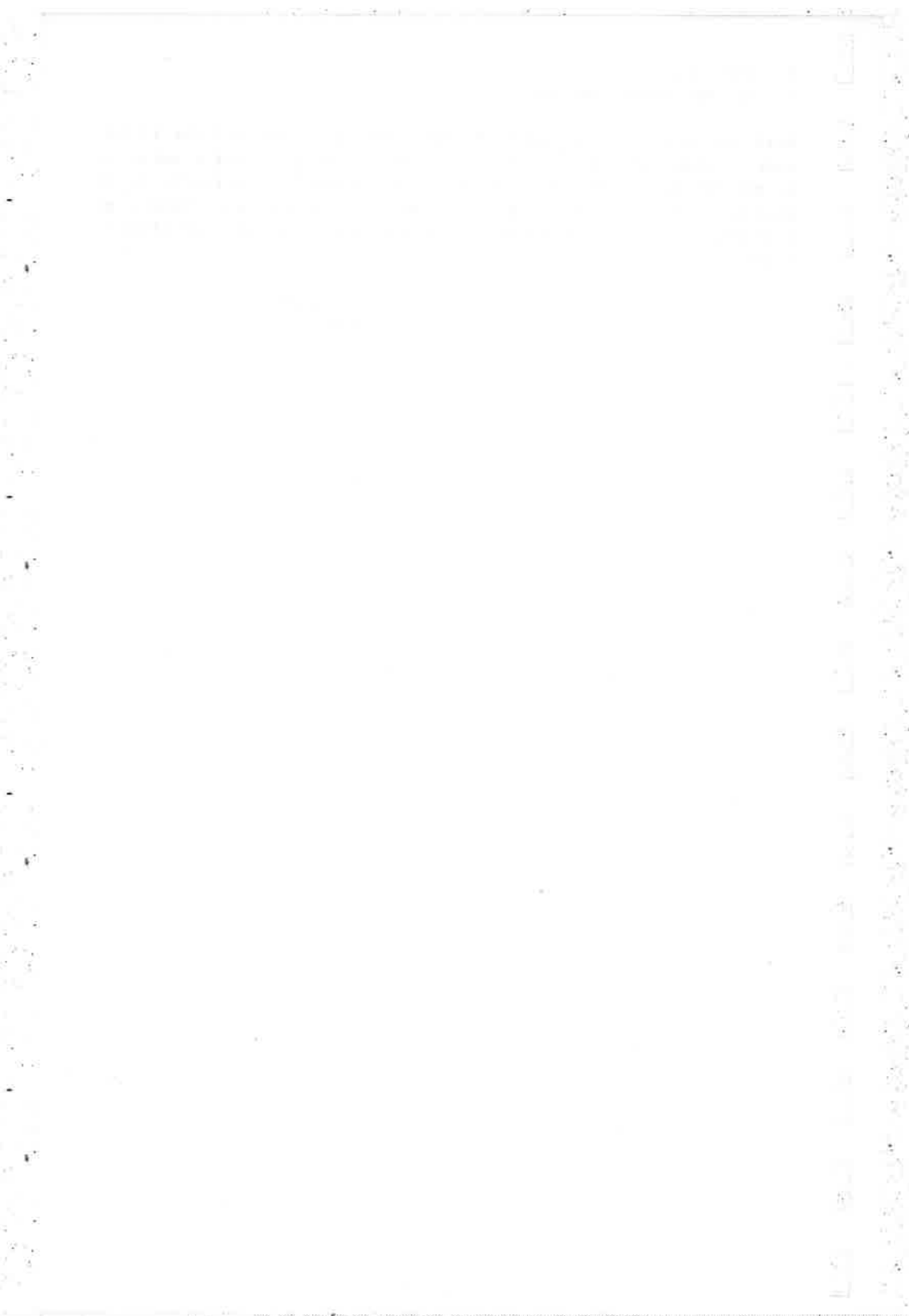
#### WESTERN VIEW MUSTARD SAUCE

- 1/2 C. sugar
- 2 egg yolks
- 2 Tbsp. dry mustard
- 1/2 C. vinegar

- 1 tsp. salt
- 1 lg. can evaporated milk

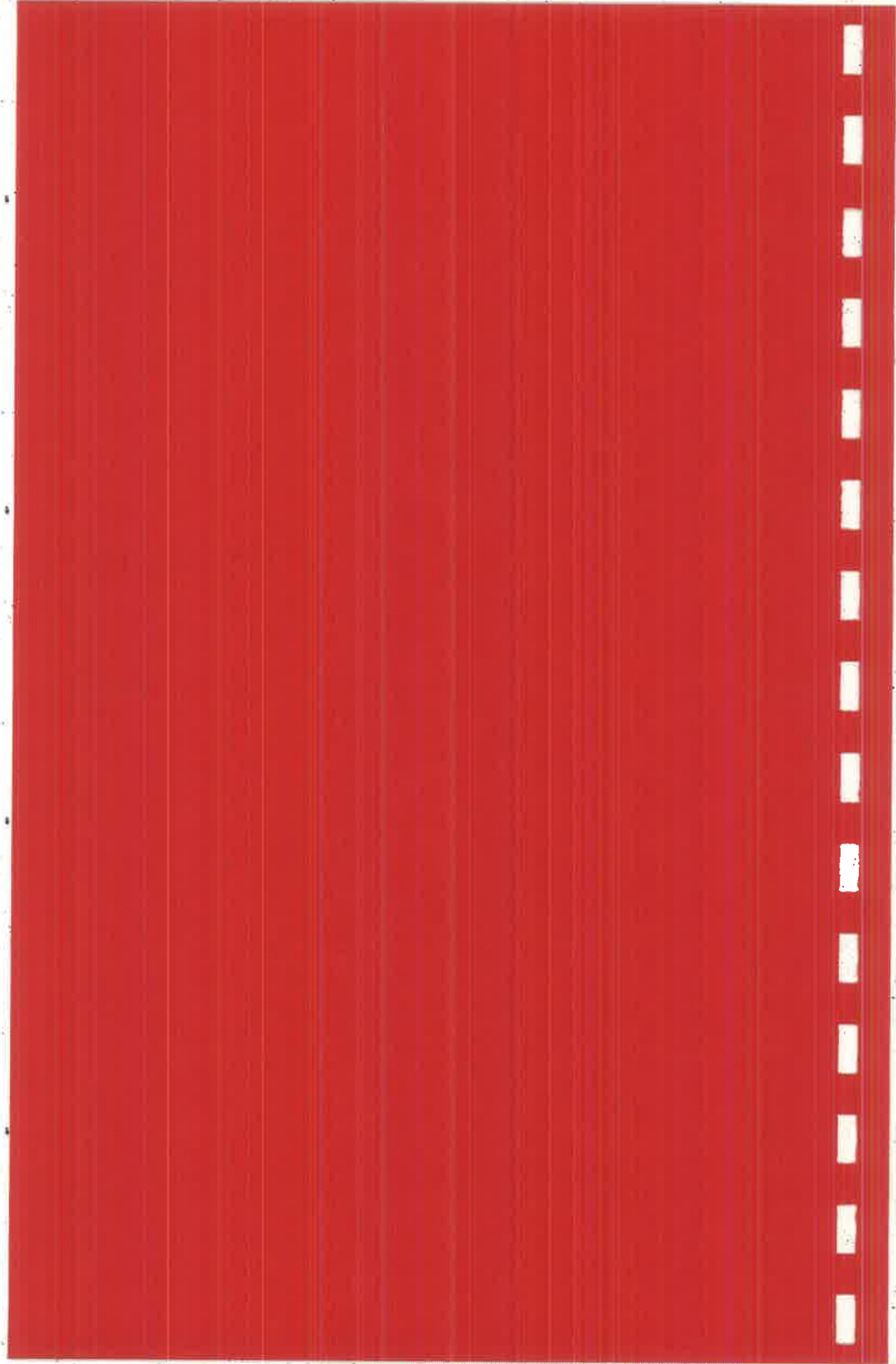
Beat egg yolks, stir in sugar, mustard and salt. Add a little of the milk to make smooth mixture. Heat rest of milk in double boiler - do not let boil. When hot, add egg mixture and stir constantly til it thickens. Remove from fire and slowly stir in vinegar. Return to heat and continue cooking and stirring til sauce is creamy and thick - 5 min.

Julie Fulner  
Riyadh



*Abundance  
of  
Vegetation*





## BAKED BEANS

- 1 can kidney beans, drained
- 1 can butter beans, drained
- 1 can lima beans, drained
- 2 cans baked beans, undrained

Fry:

1/2 lb. bacon

Add:

- 4 sm. onions
- 1 Tbsp. garlic powder
- 1/2 tsp. mustard
- 1/2 C. vinegar
- 3/4 C. brown sugar

Simmer 15 minutes. Mix with beans. Pour into bean pot and bake at 350° for 1 hour.

Hint: A pinch of ginger in beans when cooking if you like beans, but they don't like you.

Helen O'Mara  
Riyadh

## CALICO BEANS

SERVES 8-10

Drain:

- 1 can pork and beans
- 1 can kidney beans
- 1 can lima beans

Add:

- 1/2 C. catsup
- 1 tsp. salt
- 3/4 C. brown sugar
- 1 tsp. dry mustard
- 2 tsp. vinegar
- 1/2 C. white sugar

Brown, cook slightly, drain fat:

- 1/2 lb. hamburger
- 1/2 lb. cut up bacon

- 1 C. chopped onion

Mix all ingredients. Bake 40 min. 350°.

Mary Ellen Smith  
Riyadh

#### GREEN BEAN CASSEROLE

SERVES 8-10

- 2 cans French style green beans, drained  
1 can water chestnuts, sliced  
1 can mushroom soup  
1 can mushrooms, sliced  
1 med. onion, chopped  
1/2 can french fried onions  
3/4 C. grated American cheese

Place half the beans in a two quart casserole. Cover with half the water chestnuts, mushrooms, and onion. Cover with 1/2 soup, sprinkle with salt and cheese. Repeat layer in same order. Bake at 400° for 20-30 minutes. Top with french fried onions the last 10 minutes of baking.

Glenda Peak  
Riyadh

#### LAURA'S BEANS CAESAR

- 2 pkg. (10 oz. ea.) frozen cut green beans,  
cooked according to directions  
2 Tbsp. salad oil  
1 Tbsp. vinegar  
1 Tbsp. minced onion  
1/4 tsp. salt  
1 clove garlic, crushed  
1/8 tsp. pepper

Mix together and toss with beans and put in casserole dish.

- 2 Tbsp. dry bread crumbs  
1 Tbsp. butter, melted  
1 Tbsp. parmesan cheese

Toss together and put on top of bean mixture. Sprinkle with paprika and bake at 350° for 15 minutes.

Diane Osmundson  
Riyadh

## BATTER FRIED BROCCOLI

- 1 bunch fresh broccoli OR
- 2 boxes frozen broccoli (thawed)
- 2 eggs
- 2/3 C. milk
- 1 Tbsp. vegetable oil
- 1 C. flour sifted
- 1/2 tsp. salt

Beat egg yolks, add milk and oil. Add flour and salt. Stir only until blended. Heat vegetable oil in deep fat fryer 370° (hot enough to brown an inch cube of bread in one minute). Dip broccoli into batter and put into hot oil carefully. Fry until delicately brown, 3-5 minutes. Drain on paper towel; serve hot.

Equally good with cauliflower, zucchini, green pepper, etc.

May be used as hor d'oeuvres or vegetable side dish.

Sonja Osmundson  
Riyadh

## BROCCOLI CASSEROLE

SERVES 6

- 2 pkg. frozen broccoli
- 1 can mushroom soup
- 2 eggs
- 4 oz. cheddar cheese
- 1/3 C. mayonnaise
- 1 med. onion
- 1 C. Ritz cracker crumbs

Cook broccoli according to directions. Drain. Pour into buttered baking dish. Mix soup, eggs, cheese, mayonnaise, and onions in small bowl. Pour over broccoli; top with Ritz crumbs and bake in oven at 350° for 30 minutes.

This recipe can easily be doubled to serve a large crowd and it may be frozen or made ahead.

Ruth Dickens  
Riyadh

## BROCCOLI CASSEROLE

- 2 boxes frozen broccoli
- 1/2 C. chopped onion
- 1/2 C. chopped celery

- 1 can cream of chicken soup
- 1 can mushroom soup
- 1 C. minute rice
- 1 sm. jar (8 oz.) Cheese Whiz
- slivered almonds or water chestnuts, chopped (optional)

Cook and drain broccoli. Saute onion and celery. Add remaining ingredients. Bake in a casserole at 325° for 25-35 minutes.

Joan Wilson  
Riyadh

Vicki Brecht  
Riyadh

#### CABBAGE AND BACON

SERVES 4-6

- 1 head cabbage, preferably Savay, shredded fine
- 1 lb. bacon, chopped
- 1/4 lb. butter
- 4 Tbsp. flour
- 2 C. milk
- salt and pepper to taste

Cook shredded cabbage in salted boiling water for 5 minutes. Drain. Fry chopped bacon in large frying pan. Remove bacon and drain fat. Melt butter in the pan. Stir in flour and blend with remaining fat. Add milk. Stir until smooth and cook until thickened. Return cabbage and bacon to sauce. Toss together. Season to taste.

\* I used regular cabbage and it was delicious

Bernadette Ostrowski  
Khamis Mushayt

#### CARROTS AND HONEY

SERVES 8

- 5 to 6 carrots peeled and cut into 1/2 in. slices  
(or 1 can carrots)
- 1/4 C. margarine or butter
- 1/2 C. honey
- 2 to 3 Tbsp. chopped parsley

Drop the carrots in boiling, salted water, cook til tender, drain (if using canned carrots just drain). Melt margarine and add remaining ingredients, blending well. Heat carrots in sauce and serve. Or carrots may be put into a greased casserole, the sauce poured over and baked covered in a 350° oven 20 to 30 minutes.

Variation: cup of prepared mustard may be added to the sauce if desired.

Bernadette Ostrowski  
Khamis Mushayt

#### MARINATED CARROTS

SERVES 8-12

- 2 lbs. carrots or 4-1/2 C. sliced 1/4" rounds
- 2 med. onions thinly sliced and made into rings
- 1 can condensed tomato soup
- 3/4 C. vinegar
- 2/3 C. sugar
- 1/2 C. cooking oil
- 1-1/2 med. green pepper cut into thin strips
- 1 tsp. worcestershire sauce
- 1 tsp. prepared mustard

Cook carrots in small amount of salted boiling water until tender (8-10 min.). Drain well. Mix carrots, pepper and onions together. Stir together remaining ingredients and pour over vegetables. Cover and marinate in refrigerator several hours or days. Drain, reserving marinate and serve in a lettuce lined dish. Return leftovers to marinate.

Jo Kielbasa  
Riyadh

#### CHEESE-FROSTED CAULIFLOWER

SERVES 5-6

- 1 med. head cauliflower
- salt
- 1/2 C. mayonnaise
- 2 tsp. prepared mustard
- 3/4 C. shredded longhorn or colby cheese

Leave the cauliflower whole, remove leaves and woody base; wash. Cook cauliflower 12-15 minutes in boiling salted water to cover; drain well. Place cauliflower in shallow baking pan. Sprinkle with salt. Mix mayonnaise and mustard; spread over cauliflower. Sprinkle with cheese. Bake in moderate oven (375°) about 10 minutes or until cheese melts.

Diane Osmundson  
Riyadh

#### DELICIOUS CHICK-PEAS

- 2 cans of chick peas

- 3 big tomatoes
- 2 big onions (or green onions if you have)
- 3 Tbsp. of lemon juice
- salt
- red chillies ground
- 1 tsp. ground coriander powder
- 1 tsp. ground cinnamon
- 1 tsp. ground cloves
- fresh ginger
- 2 green chillies to substitute for red pepper
- 2 soup spoonfuls of butter

Cut onions lengthwise. Fry them in butter until they are golden brown. Cut 2 tomatoes in small pieces and fry them with onions until they are soft. Then put in all the spices and cook for five minutes. Add both cans of chick peas and lemon juice, put 1/2 can of water, cover the pan and let it cook for 30 minutes. Pour chick peas in dish, decorate with sliced onions and tomatoes. Serve on bed of rice or your favorite bread.

For variety you can add can of tomatoes, green bell pepper or potatoes, whatever you prefer.

Usha Nain  
KKMC-India

#### CORN PUDDING Pennsylvania Dutch Recipe

- 1 can crushed corn
- 2 eggs, slightly beaten
- 2 Tbsp. flour
- 2 Tbsp. sugar
- 1 C. milk
- salt and pepper
- lots of butter

Mix all ingredients together. Place in buttered casserole. Bake in slow oven 300° for one hour.

Bonnie Jellison  
Khamis Mushayt

#### KOUSHARI

- 1 C. ads iswid (brown lentils)
- water
- salt
- 1 C. sm. macaroni noodles

- 1 C. short grain rice
- 2 Tbsp. olive oil
- 1 C. tomato puree
- Ta'leya II

1. Place lentils in a sieve and wash well under running water. Place in a large pot and add 3 cups water and 1 teaspoon salt. Bring to boil, then simmer for 1 hour until tender but still intact. Drain and keep aside.
2. Clean same pot and add 4 cups water. Bring to boil, add 2 teaspoons salt and the macaroni. Stir constantly until water returns to boil and cook uncovered for 15 minutes until tender. Stir occasionally. Drain and keep aside. Clean pot again and dry.
3. Wash rice well in sieve under running water and drain. Heat oil in pot and fry rice over medium heat for 2-3 minutes. Add 2 cups water and 1 teaspoon salt and bring to boil, stirring occasionally. Cover and simmer over low heat for 15 minutes or until tender. Leave covered off the heat for 5 minutes for grains to separate.
4. Prepare ta'leya II according to directions, add tomato puree and bring to boil.
5. Add lentils and macaroni to cooked rice and toss together lightly with a fork. Pour hot ta'leya and tomato mixture on top. Toss again. Cover pot and leave over low heat for 10 minutes. Serve hot with salads, grilled fish or prawns.

#### TA'LEYA II (Onion Sauce)

- 2 lg. onions
- 1/4 C. olive oil
- 1-2 cloves garlic, finely chopped

1. Halve peeled onions lengthwise then slice thinly to semicircles.
2. Heat olive oil in a pan, add onions and fry over medium heat until golden brown. Add garlic and cook a minute longer as directed in recipes.

Bedour Fam  
KKMC-Egypt

#### LEEK & RICE (Zeytinagli Pirasa-Turkey)

SERVES 6

- 2 lbs. fresh leeks

- C. olive oil
- 1 C. finely chopped onion
- 1 tsp. flour
- 1 tsp. salt
- 1/2 tsp. sugar
- 1-1/2 C. water
- 3 Tbsp. uncooked rice
- 2 lemons, cut in wedges

Cut roots from leeks; strip away withered leaves. Discard all but 2" of greens. Wash and cut into 1" pieces. Cook the onions in oil until limp but not brown. Stir in flour, salt and sugar. Cook for a minute or so, then add water and raise to high heat until mixture boils and thickens. Add rice and leeks, turning to coat. Reduce heat. Cover and simmer 30 minutes. Serve with lemon wedges.

Judy McDaniel  
Riyadh

# PEAS WITH ONIONS AND MUSHROOMS      SERVES 4

## Microwave Recipe

- 2 Tbsp. butter
- C. choppel onion OR
- 1 Tbsp. instant minced onion
- 1/2 C. (4 oz. can) drained mushroom slices
- 1 10-oz. pkg. frozen peas
- dash pepper
- dash allspice
- tsp. salt

In 1 qt. casserole, combine butter and onion. Cook covered 2 min. or until onion is tender. Add remaining ingredients. Cook covered 5 min. 30 sec. or until peas are just about tender. Stir once.

Diane Osmundson  
Riyadh

# PINEAPPLE CASSEROLE      SERVES 6

- 1 C. butter
- 3/4 C. sugar
- 3 eggs
- slices of bread (crumbs)
- 1 C. crushed pineapple
- 1 C. sweeten condensed milk

Drain pineapple. Cream butter and sugar together. Add rest of

ingredients and put in greased casserole. Cook one hour at 350°.

Great with cured meat

Helen Allen  
Riyadh

Gloria McClendon  
Khamis Mushayt

### BAKED POTATO SLICES

1/2 C. butter or margarine  
1/2 envelope dry onion soup mix  
1 tsp. salt  
1/2 C. water  
6 med. potatoes - unpeeled

Combine butter, soup and salt. Pour water into 1-1/2-2 qt. casserole; scrub potatoes and cut into in. slices. Add ingredients to casserole in alternating layers potato slices, then soup mixture, then potatoes, etc. until all are used. Cover and bake at 350° for 45 minutes or until tender.

Sue Westerberg  
Riyadh

### BUTTER POTATO TOPPINGS

Begin with 1/2 C. softened butter, add the following ingredients and blend well. Serve over baked potatoes.

COUNTRY BACON: 1/4-1/2 C. crisply fried crumbled bacon, 1 tsp. dry mustard, 1 tsp. horseradish and 1 tsp. parsley (chopped or flakes).

PEPPY ITALIAN: 2 Tbsp. finely chopped pepperoni or salami, tsp. oregano, tsp. marjoram, tsp. sweet basil, 1/8 tsp. sage, tsp. salt.

CHEDDAR DILL: 1/2-3/4 C. shredded cheddar cheese, 1/2 to 1 tsp. dill weed, 1 tsp. chopped green onion.

SWISS STYLE: C. diced Swiss cheese, 1 tsp. dried chives, 1/2 tsp. dry mustard.

BLUE-CHEESE: 1/4-1/3 C. crumbled blue cheese, 1 tsp. chopped green onion, 1/4 tsp. dry mustard.

Sue Westerberg  
Riyadh

## CHEESE POTATOES

SERVES 8-12

- 2 lb. pkg. frozen loose hash browns, thawed
- 1 pt. sour cream (2 C.)
- 1/2 C. margarine, melted
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 Tbsp. dried onions
- 1 can cream of chicken soup
- 2 C. grated cheese- velveeta, cheddar or colby  
(or combination of all three)

Mix all ingredients together and spoon into greased 9x13 in. pan.

### Topping:

- 1/4 C. margarine, melted
- 1-1/2 to 2 C. crushed cornflakes or Wheaties

Mix topping ingredients together and spoon over potato mixture. Bake at 350° for 45-60 minutes.

NOTE: May be made ahead of time and frozen; thaw and reheat before serving.

Sue Westerberg  
Riyadh

## CUMIN POTATOES FROM INDIA

- 4 lg. potatoes, peeled and thinly sliced
- 3 Tbsp. margarine or oil
- 1 tsp. cumin seeds
- 1 tsp. chili powder
- + 3 C. water
- salt to taste

In a medium size pan place margarine, then add the cumin seeds and cook over medium heat. When they start to dance, add the potatoes, chili powder and salt. Saute for a while until thoroughly mixed, add water. Let it all come to a boil and cook on medium low heat for about 20 minutes or until done. Serve as a side dish with rice.

Nigar Qazi  
Riyadh

## POTATO PANCAKES

- 1 kg. raw potatoes
- 1 med. onion
- 2 eggs

- 2 to 3 Tbsp. flour
- pepper
- 1/4 C. milk (if using a blender)

Peel and grate potatoes and onion (or if using a blender, cut in chunks; put milk in blender then process potato and onion chunks until fine). Add 2 eggs, pepper and flour. Mix well. Use about 1/2 cup cooking oil in frying pan. Fry on both sides until brown and crisp.

Marilyn Roll  
KKMC-Germany/Austria

#### POTATO PUFF CASSEROLE

SERVES 6

- 1 8-oz. cream cheese
- 5 C. hot mashed potatoes
- 1 egg
- 1/2 tsp. salt
- 2 Tbsp. minced onions or chives
- dash of cayenne

Combine cheese, potatoes, mixing til well blended. Add remaining ingredients, beat thoroughly and turn into buttered 1-1/2 quart dish. Brush top with melted butter. Bake uncovered 350° for 40 minutes.

Julie Fulner  
Riyadh

#### SANDRA'S SEASONED POTATOES

SERVES 6-8

- 6 med. potatoes
- 1/2 C. oil
- 2 Tbsp. parmesan cheese
- 1 tsp. salt
- 1 Tbsp. garlic powder
- 1/2 tsp. pepper

Wash potatoes well. DO NOT PEEL. Cut potatoes lengthwise into eights. Place potatoes on cookie sheet. Mix remaining ingredients and pour over potatoes. Bake at 375° for approx. 45 minutes. Turn once.

Kathy McGehee  
Riyadh

#### SCALLOPED POTATOES

SERVES 12

- 6 Tbsp. butter
- 4 Tbsp. flour

- 2 tsp. salt
- 4 C. milk
- 6 C. sliced, raw potatoes

Melt 4 tablespoons butter, add flour and salt. Add milk slowly, cook until sauce thickens. Add sliced potatoes and bring to a boil. Arrange in a 13x9 in. baking dish and dot with remaining butter. Bake at 350° for 1 hour and 15 minutes.

NOTE: To turn this into the main part of a meal, top casserole with half-cooked link sausages for the last 20-25 minutes. Use about 24 sausages.

Glenda Peak  
Riyadh

#### PRIMIA SERVIA

SERVES 12

- 2 (24-oz. ea.) cartons creamed cottage cheese
- 2 lbs. sharp cheddar cheese, grated
- 6 eggs, beaten
- 6 Tbsp. flour
- 1/2 C. butter, melted
- salt to taste
- 1 (10-oz.) pkg. frozen chopped spinach, cooked and drained
- 2 Tbsp. minced dried onions
- 1 Tbsp. dill weed

Mix all ingredients and bake in 13x9 in. pan for 1 hour at 350°. Serve hot. May be prepared a day in advance.

Georgia Witherspoon  
Riyadh

#### GREEN RICE

- 1 C. rice, cooked
- 1 pkg. chopped broccoli, cooked
- 1 C. chopped onion
- 1 C. chopped celery
- 1 can cream of mushroom soup
- 1 jar cheese whiz
- sharp cheddar cheese strips

Saute onions and celery in butter til tender. Add broccoli and rice - remove from heat. Add remaining ingredients except for cheese strips and mix til cheese whiz is melted and evenly distributed throughout mixture.

Pour mixture into 1-1/2 qt. casserole, place cheese strips on top.

Bake at 350° til strips are melted and mixture is bubbly.

Julie Fulner  
Riyadh

#### GREEN CHILI RICE

SERVES 4

- rice (enough for a 2 qt. casserole dish)
- 1 sm. can green chilies, chopped
- 1 pt. sour cream
- 1 pkg. of monterey jack cheese

Cook off the rice. Mix chopped green chilies with sour cream. Slice monterey jack cheese into 1/4" slices. Layer ingredients: rice, sour cream/chilies, cheese and repeat ensure that the cheese is the top layer. Bake in oven at 350°F until dish is entirely warmed through. (Remove top and brown cheese if desired.) This dish is also good when re-heated.

NOTE: For variations, add mushrooms, pimentos. For hot food buffs, chop up a hot pepper and mix in with cream and chilies.

Allen Alexander  
Riyadh

#### SOUTH DAKOTA GRILLED RICE

SERVES 4

- 1-1/3 C pre-cooked rice
- 1 can (3 or 4 oz.) chopped mushrooms
- 1 C. cold water
- 1/4 C. finely chopped onion or 1 Tbsp. dried onions
- 1/2 tsp. salt
- 3 Tbsp. butter
- 1 Tbsp. toasted sesame seeds

Fold a piece of heavy duty aluminum foil 3 ft. by 18 in. in half. Form into a pouch. Add rice, mushrooms, including the broth or liquid, water, onion and salt. Mix together gently with wooden spoon. Dot with 2 tablespoons butter. Fold edges of foil to seal pouch tightly. Grill over hot coals for 20 minutes. Open foil and add sesame seeds and remaining butter. Fluff with a fork. Makes 3-1/2 cups.

This is a great alternate to a baked potato when you are having grilled steaks. It can also be prepared in oven at 350° for same length of time.

Kay Faglie  
Riyadh

## SPINACH NEW ORLEANS

- 3 10-oz. pkg. frozen spinach
- 2 3-oz. pkg. cream cheese
- 2 Tbsp. grated onion
- 1/8 tsp. nutmeg
- 2/3 stick butter
- 1 C. Pepperidge Farm dressing

Cook spinach as directed on package, drain well, and quickly and the cream cheese, onion, 1/3 stick butter, nutmeg and salt to taste. Put into casserole dish, spread dressing on top and dribble with remaining butter. Bake at 325° for 30 minutes.

Diane Osmundson  
Riyadh

## SPANACORIZO (Greek) Spinach and Rice

- 1 lb. or 1 pkg. spinach, fresh
- 1/4 C. cooking oil
- 1/2 lemon, fresh
- 1/2 C. rice, long grain\*

Wash and drain spinach - cook as you would fresh spinach adding 1/2 cup rice - boil until rice is cooked. Add oil, lemon, and piece of fresh squeezed garlic.

\* If you desire less rice, use C.

Jean Parrs  
Riyadh

## SQUASH CASSEROLE

SERVES 8-12

- 2 lb. summer squash or zucchini, sliced\*
- 1/4 C. chopped onion
- 1 C. condensed cream of chicken soup
- 1 C. sour cream
- 1 C. carrot, shredded
- 1 sm. can water chestnuts, sliced
- 4 oz. herb stuffing mix
- 1/2 C. butter, melted

Steam squash and onion until cooked, but not mushy. Remove from heat. Combine soup and sour cream. Stir in carrot, then fold in squash, onions and water chestnuts. In a separate bowl, combine stuffing mix with melted butter; put half of this mixture on the bottom of 9x13 in. pan. Spoon on squash mixture and top it off with remaining crumb mixture. Bake at 400° for 30 minutes.

\* Cauliflower or broccoli can be substituted

Sue Westerberg  
Riyadh

### SOUTHERN SQUASH CASSEROLE

SERVES 8

- 6-8 sm. yellow or Kuta squash
- 2 med. onions chopped
- 1/2 stick butter
- 1/2 C. grated cheddar cheese
- 3 lg. eggs beaten
- 1 can cream of mushroom soup
- 1/2 tsp. salt
- 1 C. buttered bread crumbs

Boil squash and onions until tender; drain and mash. Stir in remaining ingredients except bread crumbs. Pour into 1-1/2 quart baking dish; top with crumbs. Bake at 350° for 25-30 minutes.

\* This can be made and frozen ahead of time. Thaw then cook.

Betty McReynolds  
Riyadh

### SQUASH SOUFFLE

SERVES 8

- 2 eggs, slightly beaten
- 3 C. steamed and mashed yellow squash  
(approx. 3 lbs. raw)
- 3 Tbsp. grated onion
- 1 Tbsp. fresh chopped parsley
- 2 Tbsp. diced pimentos
- 1/2 Tbsp. grated sharp cheese
- 1/2 C. bread crumbs
- 1 tsp. baking powder
- 1 tsp. salt
- pinch of sugar
- 1/2 C. evaporated milk
- 1/2 C. water

Topping:

- 3 Tbsp. melted butter
- paprika

Mix all ingredients. Place in greased 1-1/2 quart casserole. Top

with melted butter. Dust with paprika. Bake at 450° for 25-30 minutes or until firm.

from the Frances Virginia Tea  
Room Cookbook  
Atlanta, Georgia  
submitted by Judy McDaniel

#### SENATOR RUSSELL'S SWEET POTATO CASSEROLE

- 3 C. sweet potatoes mashed
- 3/4 C. granulated sugar
- 2 eggs
- 1/2 C. melted butter
- 1 tsp. vanilla

##### Topping:

- 1 C. brown sugar
- 1/3 C. flour
- 1 C. chopped nuts
- 1/3 C. butter

Mix first 5 ingredients thoroughly and pour into buttered casserole. Mix topping into crumb consistency. Sprinkle on top of potatoes. Bake 30 minutes at 350°.

Helen O'Mara  
Riyadh

#### SWEET POTATO SOUFFLE - with nut topping

- 3 C. sweet potatoes, mashed (canned or fresh)
- 1/2 tsp. salt
- 1/2 C. sweet milk
- 1 C. sugar
- 2 eggs 1/2 stick margarine
- 1 Tbsp. vanilla

Melt margarine and mix with sweet potatoes. Add sugar and salt; milk and flavoring. Beat eggs and fold into potato mixture. Pour into a greased baking dish, add topping below.

##### Nut topping:

- 1 C. brown sugar
- 1 C. whole nuts
- 1/3 C. flour
- 1/3 stick margarine

Mix thoroughly the sugar and flour. Sprinkle on souffle. Pour melted margarine over the top. Cover with pecans and bake at 350° for 40 minutes.

2000 calories per cup.

Linda K. Griffith  
Riyadh

#### TOURLOU TAVE GREEK BAKED VEGETABLES

Cut up Vegetables:

- 1 eggplant
- 1/2 lb. zucchini
- 1 lb. string beans
- 1 box frozen artichokes (thawed)
- 1 lb. potatoes
- 1 bunch scallions, chopped
- 1 onion sliced
- parsley
- salt
- pepper
- mint or oregano
- 4 tomatoes
- 1 C. olive oil

Place cut up vegetables in 15x10 in. pan. Mix in spices and oil. Cover pan with foil, bake 1 hour at 350°. Remove foil and bake 1/2 hour longer. Stir 2-3 times during baking.

Barbara Brundage  
Khamis Mushayt

#### ZUCCHINI CASSEROLE

SERVES 6

- 3 C. grated zucchini
- 1 C. grated cheddar cheese
- 1 C. Ritz cracker crumbs
- 1 tsp. minced onion
- dash salt
- grease casserole

Mix together and bake at 350° for 45-60 minutes in uncovered pan. Puffs up and browns.

Above can all be put in food processor and chopped or grated.

Helen Allen  
Riyadh

**KOLOKYTHAKIA TIGRANITA**  
**FRIED ZUCCHINI**

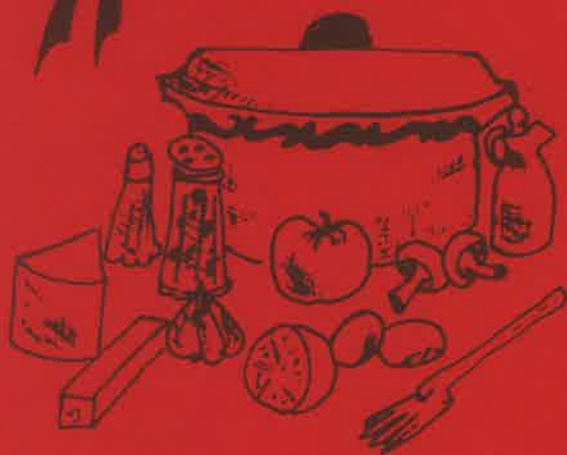
Select medium sized zucchini. Peel and wash, cut lengthwise into fine slices. Lightly flour each and deep fry in hot oil or fat.

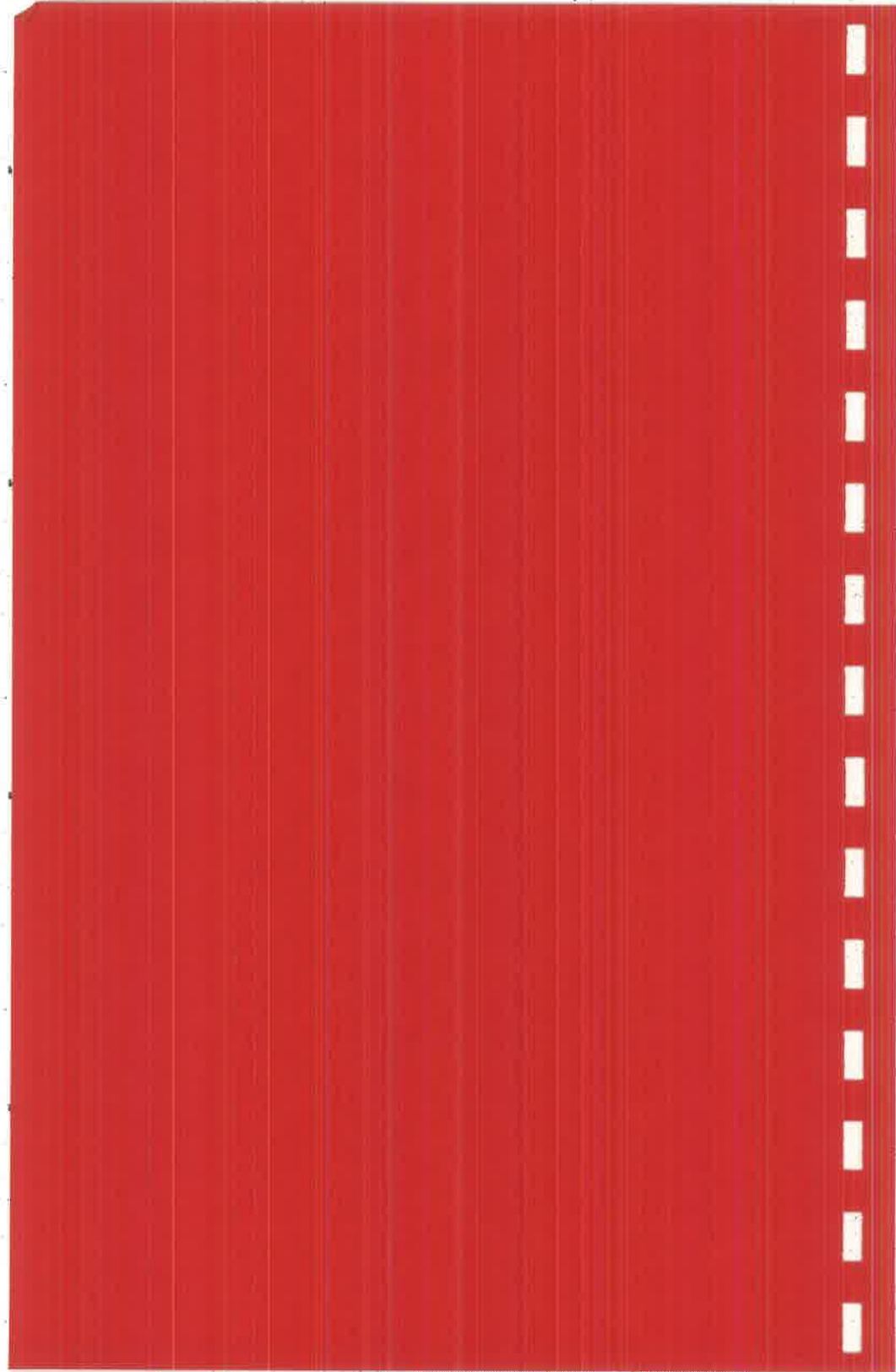
Serve plain with garlic sauce or meat.

Heidi Walenter  
Riyadh



# Beasts Aplenty





**BISCUIT-TOPPED BURGERS****SERVES 8**

- 1-1/2 lb. ground beef
- 1/2 C. dry bread crumbs
- 1/4 C. chopped onion
- 1/2 C. milk
- 1 Tbsp. worcestershire sauce
- 1 egg
- 1-1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. dry mustard
- 1/4 tsp. ground sage
- 1/4 tsp. celery salt
- 1/4 tsp. garlic powder
- 1/4 C. barbecue sauce
- 2 C. Bisquick baking mix
- 1/2 C. cold water

Heat oven to 350°. Mix ground beef, bread crumbs, onion, milk, worcestershire sauce, egg, salt, pepper, mustard, sage, celery salt and garlic powder. Shape into eight 3 in. patties; place in ungreased rectangular baking dish, 12x7-1/2x2 in. Bake until done, 20-25 minutes; drain. Top each patty with 1 Tbsp. barbecue sauce.

Increase oven temperature to 450°. Mix baking mix and water until soft dough forms; beat vigorously 20 strokes. Gently smooth dough into ball on floured cloth-covered board. Knead 5 times. Roll dough 3/8 in. thick. Cut into 8 biscuits with floured 3 in. biscuit cutter. Place 1 biscuit over each patty. Secure with wooden picks. Bake until biscuits are golden brown, 8-10 minutes. Serve with additional barbecue sauce if desired.

Fran Perkins  
Riyadh

**CABBAGE PATCH STEW****SERVES 5-6**

- 1 lb. ground beef
- 2 med. onions, thinly sliced
- 1-1/2 C. coarsely chopped cabbage
- 1/2 C. chopped celery
- 1 can (16 oz.) stewed tomatoes
- 1 can (15-1/2 oz.) kidney beans
- 1 C. water
- 1 tsp. salt
- 1/4 tsp. pepper
- 1-2 tsp. chili powder
- Dumplings

Cook and stir ground beef in Dutch oven until brown; drain. Add

onions, cabbage and celery; cook and stir until vegetables are light brown. Stir in tomatoes, kidney beans (with liquid), water, salt, pepper and chili powder. Heat to boiling; reduce heat.

#### Dumplings

Makes 10-12

Mix 2 C. Bisquick baking mix and 2/3 C. milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes. Sprinkle dumplings with paprika if desired.

Fran Perkins  
Riyadh

#### CABBAGE ROLLS

- 1 head of cabbage
- 1 lb. rice
- 1 lb. hamburger meat
- 1 tsp. salt
- 1/2 tsp. pepper or any spice
- 3 Tbsp. butter
- juice of 2 lemons
- 5 cloves of garlic

Rinse rice until water is clear. Then cover with hot water from the tap and let stand for half an hour. Drain and rinse with cold water. Mix drained rice with meat, pepper, salt and butter.

Take head of cabbage and carefully peel it into individual leaves. Cut the larger ones in half. Boil leaves until flexible and easily rolled.

Put about 1 tsp. full, depending on the size of the leaf, of the rice mixture on a leaf, spread it on a line then roll it. Layer the rolls, seam side down, in a pan. Salt them and add lemon juice and garlic and water to cover. Cook in oven (400°-450°) until done.

Meryem Abu El Rub  
KKMC-Jordan

#### KOLDOLMAR (Swedish Cabbage Rolls) SERVES 6

- 1 C. cooked rice
- 1 egg
- 1/4 C. ketchup
- 2 tsp. worcestershire
- salt and pepper to taste
- 1 lb. lean ground beef

- 2 Tbsp. light cream or milk (optional)
- 1 sm. head of cabbage
- 2 10-1/2-oz. cans consomme beef soup
- 2 C. water

**Gravy:**

meat drippings

- 2 Tbsp. cornstarch
- 2 Tbsp. water

Combine rice, egg, ketchup, worcestershire, salt, pepper and ground beef. If mixture is too dry, add cream or milk. Mix thoroughly. Chill while preparing cabbage.

Carefully pull leaves (leaving intact) from head of cabbage and place in dutch oven. Cover with cold water. Cook for approx. 5 minutes over medium high heat until leaves are flexible. If you prefer you can place entire head of cabbage in steamer basket in dutch oven and cut leaves at base of stem to remove as they become flexible. Drain leaves in colander.

Shape meat mixture into 1x3 in. loaves and wrap, starting at stem end, tucking and folding until loaf is covered. Secure end with toothpick. Place in 5 qt. dutch oven/roaster. Pour consomme soup over rolls followed by 2 C. of water. Cover and bake in 350° oven for 2 hours. Uncover roaster and cook additional 1/2 hour, basting every 10 minutes with pan juices. When brown, remove rolls to serving platter, and keep warm while preparing gravy.

Add to meat drippings remaining in roaster, 2 Tbsp. cornstarch dissolved in 2 Tbsp. water. Cook on top of stove on medium high heat until thickened and bubbly. Serve gravy over meat or as accompaniment to mashed potatoes.

Kay Faglie  
Riyadh

**CHILI FOR HOTDOGS AND HAMBURGERS**

- 2 lb. hamburger
- 4 med. onions
- salt to taste
- 1 qt. (4 C.) tomato juice
- 2 C. tomato catsup
- 4 Tbsp. chili powder

Fry chopped onions and hamburger together until lightly browned. Drain well. Add 4 C. tomato juice, 2 C. tomato catsup, and 4 Tbsp. chili powder. Simmer 2 hours. Leftovers freeze well.

Bonnie Benton  
Riyadh

## CHILI OH

- 12 oz. can tomato paste
- 2 lb. can kidney beans
- 2 lb. can stewed tomatoes
- 1 lb. 5 oz. can Campbells beans
- 2 lb. 3 oz. can peeled tomatoes
- 2 lb. 3 oz. hamburger
- 1 lb. stew beef
- 2 lg. green peppers
- 2 pkg. French's chili mix
- 2 tsp. chili powder
- 2 tsp. salt
- 1 tsp. pepper
- 20 shakes red pepper
- 2 lg. onions
- 3 shakes tabasco sauce
- 2 C. water

Brown meats. Add all remaining ingredients and simmer for 4-6 hours.

J. Toni Hedrick  
Riyadh

## JOAN'S CHILI

- 3 lb. chili meat
- 1 15-oz. can tomato sauce
- 1 C. water
- 1 tsp. tabasco
- 3 heaping Tbsp. chili powder
- 1 heaping Tbsp. oregano
- 1 heaping tsp. cumin powder
- 2 onions chopped
- garlic to taste
- 1 tsp. salt
- 1 tsp. cayenne pepper
- 1 level tsp. paprika
- 3 Tbsp. ground chili peppers

Sear meat in a large saucepan. Add remaining ingredients. Simmer for 1 hour and 15 minutes. Add 2 heaping Tbsp. of flour (mixed with a little water) to thicken. Simmer additional 20 minutes. Serve with beans or rice.

Joan Wilson  
Riyadh

## GREEN CHILIES ENCHILADAS

SERVES 4

- 1 lg. onion, chopped
- 2 lb. ground beef
- 1 4-oz. jar pimento
- 1 4-oz. can green chilies
- 1/2 lb. Velveeta, melted in sauce
- 1/2 lb. Velveeta, grated
- 1/2 stick butter
- 3 Tbsp. flour
- 1/2 tsp. salt
- 2 C. milk
- 1 pkg. tortillas (frozen or canned 12 to a pkg.)

Brown meat. Make sauce: melt butter and add flour, salt and milk. Cook smooth. Add chilies, pimento and Velveeta to melt. Roll tortillas with browned meat, onions and grated Velveeta cheese. Arrange rolled tortillas in large pan. Pour sauce over all and bake at 375° for 15 minutes.

Susan Shadis  
Khamis Mushayt

## STUFFED GREEN CHILIES WITH SOUR CREAM TOPPING (Chili Rellenos)

- 2 cans (16 oz.) whole green chilies,  
whole roasted and peeled (Ortego or Ashleys)
- 1 lb. hamburger
- 1 med. onion, chopped
- 2 jalapeno peppers, finely chopped
- 2 C. refried beans
- 1/2 lb. cheese (Monterey Jack or any mild white cheese)
- 2 packets sour cream mix (prepare in advance)  
garlic, salt and pepper to taste (remove garlic before serving)

Preheat oven to 350°. Brown meat with all ingredients except beans, cheese and sour cream mix. After meat is browned, blend in refried beans. Arrange chilies on cookie sheet; stuff with above mixture and top with cheese. Put in oven until cheese melts. Remove from oven and top with sour cream. Serve immediately.

Jo Kielbasa  
Riyadh

## REFRIED BEANS

- 2 C. pinto beans
- 1/2 lb. cheese (Monterey Jack or any other mild white cheese) 3

Tbsp. cooking oil  
water

Soak beans in the oil with enough water to cover beans at least 2 in. above the beans; soak for at least 10 hours. After soaking, rinse beans in warm water; put beans in pressure cooker, add fresh water to cover beans - at least 2 in. above beans; cook for 30 minutes. Cool pressure cooker by putting under cold water tap. Drain bean juice into another pan (SAVE JUICE). Cube cheese and add to beans; add salt to taste. With potato masher or electric mixer, mash the beans, using the bean juice to bring to desired thickness.

Jo Kielbasa  
Riyadh

## CHOP CHE

SERVES 6

10	oz. glass noodles (Dang Myun)
1	lb. beef (soft meat)
8	oz. spinach or cabbage
8	oz. carrots
4	oz. green onions
2	pieces bell pepper
2	eggs
1/2 to 3/4	C. brown sugar
2	tsp. salt
2	Tbsp. soy sauce
2	tsp. sesame oil
2	Tbsp. sesame seed
3	Tbsp. cooking oil

1. Clean and rinse vegetables (carrots, green onions and bell pepper) and meat, then chop to same width as noodles and 3-4 in. in length.
2. Put noodles into boiling water for 10 minutes, then rinse with cold water and drain.
3. Put spinach into boiling water for 2-3 minutes, then rinse with cold water and drain.
4. Use vegetable oil to fry all the vegetables and meat, but fry each item separately.
5. Beat eggs for 3 minutes, then fry as thin as possible, then roll up and cut same size as noodles.
6. After tightly draining spinach, cut 4 or 5 times.
7. Before putting ingredients together, cut middle of the noodles

then mix with other ingredients and spices.

8. Put chop che on the plate then decorate with the egg on the top.

Unwha Ferrie  
KKMC-Korea

#### CORNISH PASTIES

SERVES 5-6

- 1/2 lb. raw meat (beef)
- 1/4 lb. potatoes
- 1/2 tsp. finely chopped onion
  - minced herbs to taste or use a little turnip
  - salt and pepper
- 2 Tbsp. gravy or water
  - short crust pastry, using 8 oz. flour, etc. if homemade

Mince the meat finely. Dice the potatoes and turnip. Add the onion and herbs, salt and pepper and gravy to the meat and potatoes, and mix well together. Divide the pastry into 8 equal portions and roll them out 1/4 in. thick, keeping the portions as round as possible. Pile the mixture in the center of each piece of pastry, wet the edges and join them together on the top to form an upstanding frill, prick them with a fork. Bake in a hot oven (220°C, 425°F, Gas 7) for 10 minutes then reduce heat to moderate (180°C, 350°F, Gas 4) and cook for about 50 minutes longer.

The Cornish Pastie was used by miners to take in their tin box for their snack lunch down in the mines, as they can be eaten hot or cold. Also the dockers now days take these pasties for their lunches.

Joan Lakey  
KKMC-England

#### ITALIAN BEEF SANDWICHES

- 1 lb. hamburger
- 1 tsp. salt
- 1 tsp. oregano
- 1/8 tsp. pepper
- 1/4 C. minced onion
- 1 loaf french bread (unsliced)
- 2 thinly sliced tomatoes
- 4 oz. mozzarella
  - melted butter
- 1 Tbsp. minced green pepper
- 1 20-oz. can sliced mushrooms
- 1 8-oz. can tomato sauce

1/3 C. parmesan cheese (grated)

Mix beef with salt, oregano, pepper, onion, green pepper, drained mushrooms, tomato sauce, and parmesan cheese. Split french bread lengthwise.

Spread both halves with beef mixture. Broil 8 in. from heat about 15 minutes (until beef is well browned). Cover with sliced tomatoes; cut mozzarella into triangles and arrange over tomatoes. Return to broiler until cheese melts. Cut to serve.

## LASAGNA

SERVES 8

- 1 lb. ground beef
- 1 sm. onion, diced
- 28 oz. can tomatoes
- 12 oz. can tomato paste
- 1 Tbsp. sugar
- 1-1/2 tsp. salt
- 1/2 tsp. oregano leaves
- 1/2 tsp. thyme leaves
- 1/2 tsp. crushed red pepper
- 1/4 tsp. garlic salt
- 1 bay leaf
- 2/3 lb. lasagna noodles
- 2 eggs
- 15 oz. ricotta cheese
- 16 oz. mozzarella cheese, diced

About 2-1/2 hours before serving: In 5 qt. Dutch oven over high heat, cook ground beef and onion until all pan juices evaporate and beef is well browned, stirring frequently. Add tomatoes and their liquid, tomato paste, sugar, salt, oregano, thyme, pepper, garlic salt and bay leaf. Heat to boiling, stirring to break up tomatoes. Reduce heat to low; cover; simmer 30 minutes, stirring occasionally. Discard bay leaf. Spoon off any fat from sauce. Prepare lasagna noodles as label directs. Drain. In 13x9 in. baking dish, arrange half of noodles, overlapping to fit. Combine eggs and ricotta cheese; spoon half of mixture over noodles; sprinkle with half of mozzarella; top with half of sauce. Repeat. Bake in 375° oven 45 minutes or until heated through. Remove from oven. Let stand 10 minutes for easier serving.

Robin Briggs  
Riyadh

## HEARTY LASAGNA

SERVES 8-12

### Meat Filling:

- 1-1/2 lb. ground beef

- 1 lb. Italian sausages, broken apart for cooking
- 2 cloves garlic, minced
- 1 med. onion, chopped
- 2 C. tomato sauce
- 1 12-oz. can tomato paste
- 1 tsp. salt
- 1/2 tsp. rosemary
- 3/4 tsp. pepper
- 1/2 tsp. oregano
- 1/4 tsp. crushed red pepper
- 1 Tbsp. parsley flakes
- 1 4-oz. can mushrooms, drained and chopped

Brown ground beef and sausages. Add garlic and onion and cook until tender. Drain. Add remaining ingredients and simmer 15-20 minutes.

#### Cheese Filling:

- 3 C. cottage curd (sm. curd)
- 1/4 C. romano cheese
- 1/4 C. parmesan cheese
- 2 eggs, slightly beaten
- 1/2 tsp. salt
- 1/2 tsp. pepper

Mix together well and set aside.

#### Other:

- 1 16-oz. pkg. mozzarella cheese, grated or thinly sliced
- 1 8-oz. pkg. lasagna noodles, cooked according to pkg. directions, drained (you will need 9-12 noodles for layering)

Begin with a layer of noodles in 9x13 in. pan. Add a layer of cheese filling, then meat filling, then grated mozzarella cheese. Repeat until all ingredients are gone. Bake at 350° for 1 hour. Noodles tend to burn or get too crunchy, so it helps to cover with aluminum foil

Hint: This recipe can be cut into single size servings and frozen. It's very good reheated.

Sue Westerberg  
Riyadh

#### QUICK AND EASY LASAGNA

- 1 to 1-1/2 lb. hamburger
- 1 jar spaghetti sauce

- 3 oz. cream cheese
- 4 oz. mozzarella cheese
- 1/2-3/4 lb. egg noodles
- 1 C. sour cream
- 1 Tbsp. chives

Brown hamburger. Add enough spaghetti sauce to make a very thick meat sauce. Cook egg noodles. Drain egg noodles and when still HOT, combine noodles with cream cheese, sour cream and chives. Stir until blended.

In a large casserole dish, cover bottom with some sauce. Then add a layer of noodles, then mozzarella cheese. Continue making layers ending with a layer of sauce topped with mozzarella cheese. Bake at 350° for 20-30 minutes - or until bubbly and brown.

J. Toni Hedrick  
Riyadh

#### MEAT-STUFFED MANICOTTI

SERVES 4

- 2 Tbsp. olive oil
- 2 Tbsp. chopped onion
- 1/2 tsp. salt
- 1/2 tsp. oregano
- 1/2 lb. ground beef
- 2 Tbsp. fine dry bread crumbs
- 1 egg, slightly beaten
- 1 6-oz. can tomato paste
- 8 manicotti shells (2/3 of a 5 lb. 2 oz. pkg.),  
cooked and drained
- 1-1/2 Tbsp. butter softened (optional)
- 1-2 Tbsp. grated parmesan or romano cheese (optional)  
mozzarella cheese, shredded

Preheat oven to 425°F. Heat olive oil in a skillet. Add onion, salt oregano, and meat. Mix well, separating meat into small pieces. Cook, stirring frequently, until meat is no longer pink. Set aside to cool slightly. Add bread crumbs, egg and 2 Tbsp. tomato paste; mix well. Stuff manicotti with mixture. Put side by side in a greased 2 qt. baking dish. If desired, spread butter over stuffed manicotti and sprinkle with the grated cheese. Spoon remaining tomato paste on top of the manicotti down the center of the dish. Sprinkle mozzarella cheese on top of tomato paste. Bake at 425° for 12-15 minutes, or until mozzarella melts.

Cassie DiSalvo  
Riyadh

**BARBECUE MEAT BALLS****SERVES 4**

- 1 lb. ground beef
- 1/2 C. bread crumbs
- 1 tsp. salt
- 3 Tbsp. onion, chopped
- 1 egg, beaten
- 1/2 C. milk
- 1/2 C. catsup
- 1/2 C. chili sauce
- 2 Tbsp. margarine
- 5 Tbsp. vinegar
- 4 Tbsp. (1/4 C.) brown sugar

Combine ground beef, bread crumbs, salt, 1 Tbsp. onion, egg, and milk. Shape into small balls and place in flat baking dish. (I use 1-1/2 qt. oval casserole dish.) Mix remaining ingredients in a saucepan and cook 3 minutes. Pour over meatballs and bake at 375° about 1 hour.

Robin Briggs  
Riyadh

**GERMAN MEAT BALLS****SERVES 2**

- 3/4 lb. ground beef
- 1 egg, beaten
- 1 Tbsp. bread crumbs
- 1 Tbsp. instant minced onion
- 1 Tbsp. parsley flakes
- 3/4 tsp. salt
- dash of pepper
- 1-1/2 tsp. lemon juice
- 1-1/2 Tbsp. beef flavored bouillon granules
- 1-1/2 C. boiling water
- 1-1/2 Tbsp. all-purpose flour
- 2 Tbsp. cold water
- 1-1/2 tsp. worcestershire sauce
- 2 Tbsp. pickle relish
- hot cooked noodles

Combine first 8 ingredients; shape into 2 in. balls. Combine bouillon granules and boiling water in skillet. Add meat balls and heat to boiling. Lower heat, turn meat balls. Cover and simmer 30 minutes. Remove meat balls and keep warm. Skim fat from broth; keep broth simmering. Combine flour and cold water; gradually stir into broth. Add worcestershire sauce and pickle relish. Cook over medium heat, stirring constantly until sauce thickens and bubbles. Pour sauce over meat balls. Serve over noodles.

Cathy Pelletier  
Riyadh

**KONIGSBERGER KLOPS**  
(East Prussian Meatballs)

**SERVES 4**

200 gm. ground beef  
200 gm. pork sausage  
1 old roll\*  
1 egg white  
1 onion, finely chopped  
salt and pepper to taste  
40 gm. butter or margarine  
40 gm. flour  
1/2 L. broth or water  
3 Tbsp. capers  
1 tsp. lemon juice  
1 egg yolk  
2 Tbsp. cold water

\*substitute bread crumbs for old roll if necessary

Soak old roll in water. Squeeze water out. Mix beef and pork together with old roll, egg white, onion and 1-1/2 capers crunched. Roll into meatballs.

Gravy: Melt butter or margarine; add flour and stir until light yellow and smooth. Add broth or water and stir with wire whip. Heat to boiling and add meatballs. Cook over low heat for 15 minutes; add rest of capers, lemon juice, salt and pepper and egg yolk. Cook 15 minutes.

Heidi Walenter  
Riyadh

**PORCUPINE MEAT BALLS**

**SERVES 6**

1 can cream of mushroom soup  
1 C. water  
1 C. Minute Rice  
1 lb. ground beef  
1 egg, slightly beaten  
2 tsp. grated onion  
2 tsp. salt  
1/8 tsp. marjoram (optional)  
dash of pepper

Mix soup with water. Combine remaining ingredients and 1/2 C. of the soup mixture; mix lightly. Shape into 18 balls; place in skillet. Pour remaining soup mixture over meatballs. Bring to a boil. Cover and simmer 15 minutes, basting occasionally. Garnish with parsley, if

desired. (Good with mashed potatoes or rice or noodles.)

Jean Steidl  
Riyadh

#### MEAT LOAF

SERVES 8-10

- 2 lb. ground beef
- 1 16-oz. carton low-fat cottage cheese
- 1 C. quick-cooking rolled oats
- 2 eggs
- 1/2 C. catsup
- 4 tsp. prepared mustard
- 4 Tbsp. chopped onion
- 2 tsp. salt

#### Sauce:

- 4 Tbsp. brown sugar
- 1/2 tsp. dry or prepared mustard
- 4 Tbsp. catsup

Thoroughly mix all meat loaf ingredients. Lightly pack mixture into corning ware dish (10x10x2 in.). Bake at 350° approx. 40 minutes. Remove from oven. Combine brown sugar, mustard and catsup. Spread over top of meat loaf. Return meat loaf to oven and continue baking 10-15 minutes. Let stand 5 minutes. Cut into squares.

Diane Osmundson  
Riyadh

#### POLKA DOT MEATLOAF

SERVES 4

- 1 beaten egg
- 1/2 C. tomato sauce
- 1 C. soft bread crumbs
- 1/4 C. chopped onion
- 2 Tbsp. chopped green pepper
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 3/4 tsp. poultry seasoning
- 1 lb. ground beef
- 1 8-oz. pkg. frozen loose-pack hash browns, thawed

In large mixing bowl, combine egg, 1/4 C. of the tomato sauce, bread crumbs, onion, green pepper, salt, pepper and poultry seasoning. And ground beef and mix well. Fold in the hash browns. Spoon mixture into ungreased 8x4x3 in. loaf pan. Bake at 350° for 1 hours. Pour 1/4 C. of the tomato sauce over meat loaf and bake another 5

minutes. Let stand 5-10 minutes before slicing.

Sue Westerberg  
Riyadh

### QUICK MEATLOAF

- 1 lb. ground meat
- bread crumbs - 3-4 slices
- 1 egg
- 3/4 pkg. dry onion soup mix
- 1/3 can Campbell's Cream of Mushroom soup

Mix well. Form into loaf. Place into 1 C. water combined with remainder of onion soup mix and mushroom soup. Bake at 350°-375° for 1 to 1-1/2 hours in covered pan. Will form its own gravy. Tasty!

Sandra DiNello  
Riyadh

### STROGANOFF MEATLOAF

SERVES 4-6

- 1 lb. ground beef
- 1 C. fresh bread crumbs
- 1/4 C. chopped onions
- 1 egg
- 1/2 4-oz. can mushrooms, chopped
- 1/4 sour cream
- 1/4 C. catsup
- 1 tsp. dry mustard

Mix everything well. Spoon into loaf pan. Bake 1 hour at 350°. Let sit 5 minutes. Pour off grease.

Linda Chambron  
Minneapolis

### NOODLES IN GROUND BEEF GRAVY

- 5 drops of yellow food coloring
- 1 lb. (1/2 kilo) rice noodles
- 1 tsp. minced onions
- 1 C. ground beef with 1/2 C. water
- 2 Tbsp. chopped red onion
- 1 tsp. curry powder
- 1 tsp. salt
- 1 Tbsp. soy sauce

- 2 Tbsp. cornstarch mixed with 1 Tbsp. water
- 1/2 C. vegetable oil
- 10 lettuce leaves
- 1 Tbsp. chopped celery leaves
- spring onions
- pickled chili (optional)
- 2 eggs

Fry eggs sunny - side up; set aside. Arrange lettuce on round serving plate. Sprinkle noodles with food coloring. In a frying pan put half of the oil, brown the garlic, add the noodles and fry well. Put noodles on the center of the arranged lettuce leaves.

For Gravy: Use the remaining oil to brown the red onions. Add the meat and water mixture, and simmer for 3 minutes. Add curry powder, soy sauce, salt; stir. Add the cornstarch and stir until gravy thickens. Spoon the gravy over noodles; top with fried eggs, then sprinkle with chopped spring onions and celery leaves. Serve hot with pickled chili.

Kyoung Jea DeSpain  
Riyadh

#### POPPIN' FRESH BARBECUPS

- 3/4 lb. ground beef
- 1/2 C. barbecue sauce
- 2 Tbsp. brown sugar
- 1 Tbsp. instant minced onion
- 1 can Pillsbury Tenderflake biscuits
- 3/4 C. cheddar cheese, shredded

Preheat oven to 400°. In large skillet, brown ground beef, drain. Add barbecue sauce, brown sugar and onion. Separate dough into biscuits. Place each biscuit in an ungreased muffin cup, pressing dough up sides to edge of cup. Spoon meat into cups and bake at 400° for 10-15 minutes until golden brown. Sprinkle with cheese.

Vicki Brecht  
Riyadh

#### SAMBOUSA (Meat filled turnover)

Mix together:

- 4 C. white flour
- 4 C. graham flour

Add and mix until dough is stiff enough to stick together and is well kneaded:

- 1 C. melted shortening
- 1 to 1-1/2 tsp. salt
- 2-3 C. water

Pinch off enough dough to make balls about the size of small eggs. Cover and roll one at a time to circle about 6 in. in diameter. Place about 1 Tbsp. filling in each circle, seal like a turnover and place on tray until done.

#### Filling:

- 2 kilos ground meat
- 1-2 chopped onions
- 1 Tbsp. salt
- spices to taste (parsley, pepper, etc.)

Brown above in large frying pan; cool. When cool, add 2 chopped boiled eggs, and place 1 Tbsp. filling in each circle of dough. Fold in half and seal. Heat about 1 in. of hot fat in frying pan and drop in 3-4 sambousa and cook until brown, turning once, about 4-5 minutes. Drain and reserve for later, or serve hot.

Sondos Ramzi  
King Abdul Aziz Naval Base  
Jubail

#### SPINACH LOG

##### Dough:

- 4 C. all-purpose flour
- 4 eggs
- 1 C. water
- 1/4 C. cooking oil
- 1/2 tsp. salt

Mix thoroughly. Cover with plastic wrap. Set aside.

##### Filling:

- 1 lb. ground beef, salted to taste
- 6 strips bacon sliced in 1/2 in. strips
- 1 med. onion
- 1 sm. kernel of garlic
- 1 sprig fresh or 1 tsp. parsley flakes

Fry until thoroughly cooked, stirring to mix completely. Drain.

Add to the above:

- 3 C. ricotta cheese
- 1/8 C. parmesan cheese
- 1 pkg. pre-thawed frozen spinach

Mix well. Set aside.

Roll out dough into 3 large pie shapes. Spread filling evenly over each. Roll each shell jelly-roll fashion. Tuck edges and seal with a drop or two of water. Place each log into cheesecloth. Tie each end. Place in boiling, salted water. Log is cooked when it floats to the surface. Remove cooked log from water and from cheesecloth. Place on serving platter and slice into 1 in. width servings. Cover with sauce. Sprinkle with parmesan cheese.

Sauce:

- 1 can whole tomatoes, crushed
- 1 can tomato paste
- 3 cans water
- 2 green or 1 med. onion
- 1 kernel garlic
- 1/2 tsp. parsley flakes
- 1/2 tsp. basil
- 1 tsp. oregano
- salt and pepper to taste

Cook on medium heat about 2 hours (until thick), stirring frequently.

Sandra DiNello  
Riyadh

## BEEF STROGANOFF

Use large skillet.

- 1 or 1-1/2 lb. round steak
- 2 sticks of butter
- 1 can buttered mushrooms
- 1 lg. onion, minced
- 1 Tbsp. worcestershire sauce
- 1 tsp. soy sauce
- 1 can Hunt's tomato paste
- 1 can tomato soup
- 1 carton sour cream

Cut steak into thin strips and brown in butter. Add mushrooms and onions. Blend tomato paste, soup and sauces together and pour over steak. Lower heat and cook 1 hour. Add sour cream and serve over

egg noodles or rice.

Hint: Steak is easy to cut if partially frozen.

Joan Wilson  
Riyadh

## BEEF STROGANOFF

SERVES 8

- 1 boneless sirloin steak - 1-1/2 in. thick - about 2 lb.  
(or 2 lb. ground beef can be substituted)
- 1/3 C. butter or margarine
- 1 6-oz. can sliced mushrooms, drained  
(or 8 oz. carton fresh mushrooms, sliced)
- 1 tsp. salt
- 2 Tbsp. flour
- 1/4 tsp. pepper
- 1/2 tsp. dry mustard
- 1 C. sour cream
- 2 med. onions, minced
- noodles or rice - cooked according to pkg. directions
- 1 can condensed beef broth (or 1 beef bouillon cube  
dissolved in 1-1/2 C. water) - 1-1/2 C. liquid

Trim fat from steak (easier to do when steak is partially frozen) and cut into 1/4 in. strips. Sprinkle with salt, pepper and dry mustard. Let stand for 2 hours or longer to give flavor to meat (overnight is best).

Melt 1 Tbsp. butter or margarine in a large skillet. Add 1/3 of the beef strips at a time and brown. Place cooked meat in a small bowl and keep warm.

Melt the remainder of the butter or margarine in the skillet. Add onions and saute for 5 minutes. Push to one side and add mushrooms and also saute for 5 minutes. Add beef broth and simmer for another 5 minutes.

Stir flour and sour cream in a medium bowl. Blend in 1 C. of the hot broth mixture (including onions and mushrooms). Return this mixture to the skillet and cook, stirring constantly, until mixture thickens and just begins to bubble. Add cooked beef strips and stir till blended.

Serve over hot noodles or rice, whichever is preferred.

Sue Westerberg  
Riyadh

## EASY BEEF STROGANOFF

- 1 lb. stew beef, thinly sliced
- 1 med. onion, thinly sliced
- 2 Tbsp. butter
- 1 can Campbell's beef broth (reserve 1/3 C.)
- 1 sm. can mushrooms
- 2 Tbsp. ketchup
- 1/4 tsp. garlic powder
- 2 Tbsp. flour
- 3-4 Tbsp. sour cream
- 1/2 to 3/4 lb. egg noodles

Saute onions and mushrooms in 2 Tbsp. of butter until tender. Promptly remove from skillet. Put meat into pan with a touch more butter. Brown stew meat. Add to the meat mixture the beef broth (keeping the 1/3 C. aside) and the 2 Tbsp. of ketchup and the garlic powder. Simmer for approx. 15 minutes. While this is simmering, cook your egg noodles. Add the 2 Tbsp. of flour to the reserved 1/3 C. broth. Add the onions, mushrooms and flour mixture to the meat. Stir constantly and bring to a boil for 1 minute or until thickened. Reduce heat and add sour cream to taste. Serve over noodles.

J. Toni Hedrick  
Riyadh

## MEXICAN STYLE BEEF STROGANOFF

SERVES 8-10

- 2 lb. beef round boneless
- 1 C. finely chopped onion
- 2 cloves garlic, minced
- 2 Tbsp. cooking oil
- 2 C. water
- 1/2 C. chili sauce
- 1 Tbsp. paprika
- 1 Tbsp. chili powder
- 2 tsp. seasoned salt
- 1 tsp. salt
- 1 Tbsp. soy sauce
- 1 8-oz. carton sour cream
- 3 Tbsp. flour
- 1 8-oz. can sliced mushrooms

Slice meat across grain into bite-sized pieces. Brown with onion and garlic in hot oil until meat is browned and onion is tender. Drain off fat. Add water and next 6 ingredients. Cover, simmer 1 hour or until meat is tender. Stir together flour and sour cream. Stir into meat mixture along with mushrooms. Cook and stir until bubbly. Serve over hot noodles or rice. Sprinkle with chives or fresh parsley.

Judy McDaniel  
Riyadh

## SUPER NACHOS

- 1 lb. ground beef
- 1 lg. onion
- 1-2 cans refried beans
- 1 can green chilies, chopped
- 2-3 C. shredded cheddar cheese
- 3/4 C. taco sauce
- green onions, chopped
- 1 C. pitted ripe olives
- 1 can avocado dip
- oz. sour cream

Brown onions and beef - discard fat and salt beef. Spread refried beans in shallow pan - top with meat. Sprinkle chilies over meat and cover with cheese; top with taco sauce. Bake at 400°, uncovered, for 20-25 minutes. Remove and garnish with green onions and olives. In the center place sour cream and avocado dip.

Liz Stanley

## TACO BURGERS

- 1 lb. ground beef
- 1 10-oz. can old El Paso tomatoes and green chilies
- 1 envelope old El Paso Taco seasoning mix
- 1 tomato, peeled and chopped
- hamburger buns, toasted
- 2 C. shredded lettuce
- 1 C. shredded American, Colby or Monterey Jack cheese
- 1/2 C. sour cream\*

In skillet saute the meat, drain off fat. Stir in tomatoes and green chilies, taco seasoning mix and water. Bring to boil, reduce heat and simmer uncovered till thick (about 15 minutes). Stir in chopped tomatoes, heat thoroughly. Spoon onto toasted buns, sprinkle with lettuce and cheese, top with sour cream.

\* optional

Ruth Dickens  
Riyadh

## YAKI MANDU

- 1 pkg. won-ton wrappers - round preferred
- 1 lb. hamburger
- 1/2 lb. fresh beansprouts
- 1 egg

- 1/2 tsp. sesame oil
- 4 Tbsp. sesame seeds, toasted
- 1 tsp. soy sauce
- 1 tsp. salt (or to taste)
- 1 tsp. Accent (MSG) - optional
- 6 stalks spring onions (thin green onions, chopped)
- 4 cloves garlic, minced
- 1 tsp. cornstarch mixed with 1 tsp. water
- 2 C. oil (peanut oil best)

Wash, drain and squeeze beansprouts. Mix all ingredients, except wrapper, cornstarch and oil, in large bowl. Form balls - ovals, about 1 tsp. size. If using square wrappers use rim of large glass and trim corners off to make round wrappers. Dip fingers in cornstarch mixture and wet top half of a wrapper. Place meat ball in center of wrapper, fold wrapper and press around the semi-circle to seal. Crimp with thumb and forefinger 3 times. Set aside and repeat for each oval ball. Fry in wok or deep fryer at 375°, turning once, about 3 minutes, till golden brown. Serve with soy sauce.

Young Lee Smith  
Riyadh

#### BEEFSTEAK & KIDNEY PIE

SERVES: 4

Once you've eaten this, I bet you'll never want to make it with anything but suet crust again.\*

#### Filling:

- 1-1/2 lb. chuck steak (700 g) in 1 in. cubes
- 6 oz. ox or lamb's kidney (175 g), chopped
- 2 med. onions, roughly chopped
- 1-1/2 Tbsp. flour
- 1 Tbsp. beef dripping
- 3/4 pt. beef stock (425 ml.)
- 1/2 tsp. worcestershire sauce
- 1/2 tsp. dried mixed herbs
- salt and freshly-milled black pepper

You will need a 2 pt. (1 liter), pie dish.

In a large saucepan fry the chopped onion in the dripping for a few minutes, then add the cubes of steak and the kidney. Continue to cook (stirring now and then), till the meat is nicely browned - then add the flour and stir in well. Add the herbs next, followed by the worcestershire sauce. Season with salt and pepper and gradually stir in the stock until it reaches the simmering point - then simmer gently for about 2 hours or until the meat is tender. Check the seasoning and pour everything into the pie dish. Preheat the oven to 425°F (220°C).

Mix the pastry to a smooth elastic dough and roll it out on a lightly floured surface to a shape about 1 in. (2.5 cm), larger than the rim of the pie dish. Now cut a 1 in. strip all around, dampen the edge of the pie dish and press this pastry strip on. Then dampen the strip and lay the pastry lid on top, pressing it down and sealing it around the edge. Flute the edge to make a small steam hole in the center and bake it in the oven for 30-40 minutes, until the pastry is golden brown.

NOTE: To make a pie for six people, use a 3 pt. dish, and the ingredients will be: 2-1/2 lb. (1 kg.) chuck steak, 3/4 lb. ox or lamb kidney, 2 Tbsp. flour, 1 pt. stock (570 ml.) and for the pastry: 12 oz. (350 g) self rising flour, 6 oz. (175 g) shredded suet.

\* Suet crust pastry made with 8 oz. flour and 4 oz. suet

#### Suet Crust Pastry:

This pastry is a must when you make steak and kidney pie. Since it is made with shredded beef suet, it has the best flavor for a beefsteak pie. But more than that - it is beautifully easy to make since there is no rubbing-in. It is resilient and easy to roll out, and it is deliciously light and crusty.

IMPORTANT NOTE: Suet crust is always made with self-rising flour, because suet being a heavy fat, the pastry needs a rising agent to aerate it and make it lighter. And, as it is made with self-rising flour, it follows that suet crust should always be rolled out and used IMMEDIATELY - because, once the rising agent in the flour becomes damp, it will begin to lose its rising power. This pastry can't be made in advance, but it is easy to make so this should not be a problem.

#### Basic Suet Crust Pastry:

These quantities will be enough to top a 1-1/2 pt. (1 liter) rimmed pie dish. For a 2-1/2 pt. pie dish, use 12 oz. of self-rising flour and 6 oz. suet.

- 8 oz. self-rising flour (225 g)
- 4 oz. shredded suet (110 g)
- cold water
- salt and freshly-milled pepper (for a savory crust)

Sift flour into a bowl, then sprinkle the suet in and just mix it in lightly with your hands to distribute it evenly. Now sprinkle in some cold water (you'll find you need more for this pastry than for shortcrust). Begin mixing with a round bladed knife, and then use your hands at the end to bring it all together to a smooth elastic dough that leaves the bowl clean. Suet crust should be left for 5 minutes, then rolled out immediately. Remember, too, that you always

roll it out more thickly than shortcrust (about 1/2 in. (1 cm.) thick).

Doreen Alexander  
Riyadh

#### CHINESE BEEF

SERVES: 6

- 2 lb. flank steak cut in 1 in. strips
- 2 Tbsp. butter
- 1 clove garlic
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ginger
- 1/4 C. soy sauce
- 1 tsp. dark brown sugar
- 2 lg. bell peppers (1 in. strips)
- 2 med. tomatoes (firm, 1/4 pieces)
- 1 16-oz. can drained bean sprouts
- 1 Tbsp. corn starch
- 1-2 C. warm water

In a large covered frying pan, cook garlic, salt, pepper and ginger in butter for 2 minutes (stir constantly). Add meat and cook till brown. In a bowl combine soy sauce and brown sugar; pour over meat and mix. Add peppers, tomatoes, and bean sprouts. Cover and cook slowly, 5-7 minutes. In a cup combine water and corn starch. Pour gradually over meat mixture and stir constantly. Bring to a boil, cover and simmer for 15-20 minutes. Serve alone or over rice or noodles.

Patty Watford  
Jeddah

#### MARINATED FLANK STEAK

SERVES: 5-6

- 2 lb. flank steak
- 3/4-1 C. green onions, chopped
- 1/2 C. vegetable oil
- 3/4 C. soy sauce
- 1-1/2 tsp. ginger
- 1-1/2 tsp. garlic powder
- 3 Tbsp. honey
- 2 Tbsp. vinegar

Place steak in large shallow dish. Combine remaining ingredients. Mix well. Pour over steak. Cover and marinate in the refrigerator for 8 hours, turning occasionally.

Drain steak, reserving marinade. Grill over hot coals to desired degree of doneness (about 5-10 minutes), basting with marinade. Slice across grain into thin slices.

Betty McReynolds  
Riyadh

#### TERIYAKI BEEF

SERVES: 4

- 3/4 C. oil
- 1/4 C. soy sauce
- 1/4 C. honey
- 2 Tbsp. vinegar
- 2 Tbsp. chopped green onion
- 1 lg. clove of garlic
- 1-1/2 tsp. ginger
- 1-1/2 lb. flank steak - not scored

Combine first 7 ingredients: add steak and marinate at least 4 hours. Drain. (Marinade may be saved for future use.) Barbecue meat over hot coals, basting with marinade. Turn one time. Five minutes on each side will cook the steak medium. To serve cut crosswise to grain.

Margie Sewell  
Al Khobar, Dhahran

#### BEEF TOMATO (Thai-Style)

- 1 lb. sirloin (ask for chop steak) cut strips
- 2 lg. tomatoes cut in wedges
- 4 stalks celery, chopped
- 1 lg. onion, chopped
- 1 bell pepper

#### Sauce:

- 1/2 Tbsp. salt
- 1 Tbsp. sugar
- 2 Tbsp. soda
- 2 Tbsp. oil
- 1 Tbsp. whiskey

#### Gravy:

- 1 Tbsp. salt
- 2 Tbsp. corn starch
- 1 Tbsp. sugar
- 2 Tbsp. soya
- 1 Tbsp. whiskey

1/2 C. water

Marinate beef in sauce for 15 minutes. Remove and pan fry in a little oil quickly for about 1 minute. Remove from pan. Pan fry onions, celery, pepper, tomatoes; add gravy, mix and cook for 2-3 minutes. Add beef, mix well. Serve with rice.

Connie Baker  
Khamis Mushayt

**RINDERROULADEN**  
(Beef Rouladen)

**SERVES: 4**

4 slices of round steak, 100 gm. ea.  
mustard  
60 gm. bacon, sliced  
1 knife-tip pepper, chopped  
60 gm. onions  
50 gm. shortening  
1/4-3/8 L. water  
1-2 Tbsp. cornstarch  
1-2 Tbsp. water

Pound meat lightly - spread with thin coating of mustard. Sprinkle with pepper; lay slices of bacon over meat and then add sliced onion on top of bacon. Roll meat from small end and tie together with a string. Melt on high heat, shortening and put meat rolls in and brown in pot on all sides. Carefully, add from side 1/4 L. water. Cook on low heat covered, turn from time to time and add water as needed. After the meat rolls are cooked, remove the strings. Fill the gravy mixture with water to your needs, boil, and thicken with cornstarch and water paste; add salt to taste. Cooking 2-1/2 hours.

Heidi Walenter  
Riyadh

**BULGOGI (Korean Barbecue)**

**SERVES: 4**

1 lb. thinly sliced rump beef

**Mixture A:**

2 Tbsp. sugar  
4 Tbsp. soy sauce  
4 Tbsp. minced green onions  
2 tsp. minced garlic  
1 tsp. minced ginger  
dash of pepper  
1 tsp. sesame seeds  
1 Tbsp. toasted and ground sesame seeds

- 1 Tbsp. sake or sherry
- 2 Tbsp. sesame oil

Combine beef and Mixture A. Do this just before cooking because meat marinated for a long time in soy sauce tends to become tough. Charcoal broil or pan broil.

Variations:

- Add green onion, cut diagonally
- Meat and vegetables (such as chili peppers, carrots and green onions can be skewered, dipped into Mixture A, and broiled).
- Use pork or chicken instead of beef. To give pork even more flavor, add cayenne pepper or gochujan to Mixture A. (Gochujan is a Mixture of 2 Tbsp. each of soybean paste, cayenne pepper, and soy sauce.)

Gwen Armstrong  
Jubail-Korea

#### ROAST MEAT

SERVES: 4

- 1 kg. beef
- 5 cloves
- 2 cinnamon sticks
- 2 ginger sticks, cut and mashed
- 1/2 lemon
- 2 Tbsp. corn oil
- 2 med. size red chilies
- 10 pepper corns
- 5 garlic cloves, cut and mashed
- 1-1/2 C. water
- 1/2 tsp. salt
- 1/2 kg. potatoes

Trim beef and put in pressure cooker. Add all above ingredients, except oil, potatoes and lemon, to meat. Close cooker and allow the meat to cook 20 minutes. When cooker cools, open cooker and let the liquid dry, over high heat. Add the oil, squeeze lemon and fry the meat. When fried, slice meat. Peel and slice potatoes. Deep fry and serve with meat.

Rose Rogers  
Dhahran-India

KAM-JA JO-LIM  
Korean Dish

SERVES: 2

300 gm. (3/4 lb.) white potatoes

- 1 green onion, chopped
- 4 Tbsp. flour
- 1 Tbsp. milk
- 1 tsp. baking powder
- 1 Tbsp. soy sauce
- Accent and garlic salt to taste
- 300 gm. (3/4 lb.) diced beef
- 2 sm. green pepper sliced lengthwise in thin strips
- sprinkle sesame seeds

Peel potatoes and trim to chestnut size. Mix potatoes, green onion, flour, milk, baking powder, soy sauce, Accent, garlic salt and beef in frying pan. While frying, sprinkle a little water into pan and stir slowly. When almost done, add green pepper strips and stir rapidly. When the steam is gone sprinkle on a little sesame seeds.

#### KOREAN MEAT PATTIES

- 1 lb. stew beef (thinly sliced)
- 1/3 C. soy sauce
- 4 eggs
- 1/3 C. water
- 4 Tbsp. flour
- pepper to taste

Marinate your sliced beef in the 1/3 C. soy sauce for at least 6 hours in the refrigerator. Beat the 4 eggs with a whisk adding the 1/3 C. of water and 4 Tbsp. of flour. Add pepper to taste. Mix in meat mixture. Heat approx. 1/3 C. oil in a large heavy skillet. Using a gravy ladel, pour meat mixture into skillet and fry like pancakes. Delicious with fried rice.

J. Toni Hedrick  
Riyadh

SATE - INDONESIAN SATAY  
(A Variation of the Kebabs)  
Sate Lembo (Beef Satay)

SERVES: 4

Preparation Time: 10 minutes plus 2 hours standing time  
Cooking Time: 10 minutes

- 1 Tbsp. ground almonds
- 1 sm. piece of root ginger, sliced
- 1 tsp. coriander
- 1 tsp. turmeric
- 1/2 pt. (US 1-1/4 C.) coconut milk
- 1 lb. beef
- salt and pepper
- 1 tsp. brown sugar

Pound the almonds, ginger, coriander, and ~~garlic~~ <sup>garlic</sup> into a paste; gradually blend with coconut milk. Cut the beef into bite-sized cubes, season to taste with salt and freshly ground pepper. Put into spiced coconut milk and leave to marinate for 2 hours. Remove pieces of beef, impale on skewers, sprinkle with sugar and grill; turning often and basting frequently with the coconut liquid. Serve with Satay Sauce.

#### Satay Sauce:

- 4 oz. roasted peanuts
- 1 onion sliced
- 1 clove garlic crushed
- 2 fresh chilies, deseeded  
(or 1/2 tsp. chili powder)
- 1/2 tsp. tamarind
- 1 tsp. sugar
- 2 Tbsp. lime or lemon juice
- 2 Tbsp. coconut cream
- 2 Tbsp. water
- 1 Tbsp. soya sauce

Put peanuts, garlic, onion, chilies, tamarind and sugar in a mortar and pound to a paste (or blend in a liquidiser). Blend in lime or lemon juice, then the coconut cream. Add water and soya sauce, stir well. Transfer to a saucepan, simmer gently until the sauce thickens. Serve with all Satay dishes.

Gennie Baker

Khamis Mushayyeh

#### SHISHKEBOB

- 1-1/2 C. salad oil
- 3/4 C. soy sauce
- 1/4 C. worcestershire sauce
- 2 Tbsp. dry mustard
- 2-1/2 tsp. salt
- 1 tsp. ground pepper
- 1/2 C. wine vinegar
- 1-1/2 tsp. dried parsley flakes
- 2 crushed garlic cloves or garlic powder or salt
- 3 lb. beef\*

Marinate meat 24 hours; cut into 1-1/2 in. cubes. Bake or grill 20-30 minutes at 350° in oven. Make small packets from foil, cook on grill with sauce - green peppers, onions, mushrooms, small tomatoes.

\* 3 lb. chicken, lamb, etc. may be substituted for the beef.

Bernice Coulter  
Khamis Mushayt

STIFADO  
BEEF RAGOUT

SERVES: 6

- 1-1/2 kg. (3 lb. 5 oz.) lean beef
- 1-1/4 kg. (2 lb. 12 oz.) sm. onions
- 1 C. oil (olive/cooking)
- 1/2 garlic bulb
- 1/2-1 C. vinegar
- 1 Tbsp. tomato paste
- 2 bay leaves
- 1 branch rosemary
- salt
- pepper corns

Cut meat in egg size pieces, put in pot with all ingredients, add water until everything in pot is covered. Cover, bring to boil on high heat, lower and let simmer for 2 or 3 hours, without removing cover or stirring. All broth must be absorbed with only the oil remaining.

Heidi Walenter  
Riyadh

SCALLOPINE WITH BROWN RICE

SERVES: 4-6

- 4-6 veal cutlets
- salt, pepper
- 1 med. onion, thinly sliced
- 2 Tbsp. minced green pepper
- 1 garlic clove, minced
- 1 C. brown rice
- 1/2 tsp. oregano leaves
- 3 chicken bouillon cubes
- 2 Tbsp. parsley
- 3 C. water
- 1 lb. can stewed tomatoes or 8 oz. can tomato sauce

Season cutlets to taste with salt and pepper. In heavy skillet brown cutlets on both sides in melted butter. Remove. Stir in onion, green pepper, and garlic. Saute until limp. Add rice, oregano, chicken bouillon, parsley and water. Bring to boil. Place cutlets on top. Cover and simmer 30 minutes. Stir in tomatoes, cover and simmer 30 more minutes.

Sue Daniel  
Riyadh

## THE FAMOUS SHAWIRMAH

Take about 44 lb. of veal, cut from the leg of a young beef which was butchered 2 days earlier. Slice meat into round, thin slices about 7 in. in diameter and about 1 in. thick. Cut pieces of fat the same size and thickness as the lean meat.

Marinate the meat in mixture of the following ingredients:

- 1 Tbsp. cardamom seed
- 1 Tbsp. mastic
- 1-1/2 Tbsp. cinnamon
- 1 Tbsp. nutmeg
- 1 Tbsp. white pepper
- 1/2 Tbsp. black pepper
- 1 lb. red onions
- 5 bay leaves
- 2 oz. garlic
- 1 qt. lemon
- 1 pt. olive oil
- 2 pt. vinegar, good quality
- 1 Tbsp. cloves
- 1-1/2 lb. salt

Soak cardamom seed for 6 hours, then grind it fine with its skin. Add 1 Tbsp. salt to the mastic and pound together until very fine. Chop fine.

Take part of the spices, salt and pepper and rub into the meat and fat. Place meat in a glass or earthenware container and marinate in a mixture of the above ingredients with onions. Soak for 24 hours keeping it in a refrigerator the temperature of which is 5°C above zero. Stir the meat from time to time.

At the end of 24 hours, take out of refrigerator and keep at room temperature for 2 hours. All ingredients must warm up to room temperature.

Stick the meat on long skewers or place on a revolving rotisserie. If using skewers, they must be the kind that turn automatically and constantly while the meat is broiling. In sticking the meat on skewers, put one piece of fat between four pieces of lean meat. The skewer must be perpendicular to the fire and very near to it. This could be a hot charcoal fire or strong electric or gas fire. Place it so that the meat is facing the fire.

Arab World Cookbook

WIENER SCHNITZEL

SERVES: 4

4 veal steaks (cut thin)

- salt
- pepper
- flour
- 2 eggs
- bread crumbs
- 1/4 lb. butter
- 1 lemon

Pound meat flat. Season with salt and pepper. Roll in flour, then in egg and in the bread crumbs. Fry about 15 minutes in butter until golden brown on both sides. Serve with lemon wedge.

Liz Dugan

Riyadh

#### LENGUA ASADA

- 1 whole ox tongue
- 2 med. onions, chopped
- 2 Tbsp. vinegar
- 2 cloves garlic
- salt and pepper to taste
- monosodium glutamate - dash
- 3 Tbsp. soy sauce
- 1 can whole mushrooms
- 1 sm. can tomato paste

Boil the ox tongue until it is tender, then marinate it with onion, vinegar, garlic, salt, pepper and monosodium glutamate. Fry the ox tongue until lightly brown. Combine the remaining marinade sauce with a little water, mushrooms and tomato paste. Cover the pot and cook until sauce thickens. Serve the sauce with the fried ox tongue.

Mrs. Garcia

Riyadh

#### POT ROAST OF CAMEL

This recipe gets its rich color and flavoring from the addition of strong black coffee.

Buy a piece of camel meat for roasting, about 3-5 lb. Salt and pepper to taste. Brown on all sides in hot fat in heavy oven-proof casserole. Cover the meat about halfway with strong black coffee and simmer, covered in a slow (250°) oven for 5-6 hours, uncovering for the last hour. The gravy may be thickened with flour. There will be no coffee taste.

Hiyam Ramini

Riyadh

# STUFFED CAMEL

SERVES: 30-100

- 1 whole camel, med. size
- 1 whole lamb, lg. size
- 20 whole chickens, med. size
- 60 eggs
- 12 kilos rice
- 2 kilos pine nuts
- 2 kilos almonds
- 1 kilo pistachio nuts
- 140 gms salt
- 140 gms water
- salt to taste
- 5 Tbsp. black pepper

Skin, trim, and clean the camel, lamb and chickens and boil until tender. Cook rice until fluffed. Fry nuts until brown and mix with rice. Hard boil eggs and peel them. Then - Stuff the chickens with the eggs and some rice; stuff the lamb with five of the chickens and some rice; stuff the camel with the lamb and more rice. Broil in a large enough oven or near a gas flare until brown. Spread the remaining mixed rice on a large tray and place the camel on top. Place the remaining stuffed chickens around the camel. Garnish with boiled eggs and nuts.

Arab World Cookbook

## ALKABSAH

### SAUDI MAIN DISH

- 1 C. rice
- 1 lb. meat or chicken
- 2 1/2 C. water or broth
- 1/2 Tbsp. salt
- 3 tomatoes, sliced med.
- 1 onion, chopped
- 2 tsp. Bhai\* (mixed spices)
- 1/2 tsp. cardamom (optional)
- 2 Tbsp. olive oil or cooking oil
- 1/4 C. raisins
- 2 Tbsp. almonds
- 2 Tbsp. pine nuts
- 3 Tbsp. shortening

In a deep pan, saute the onion in the shortening until yellowish. Add half the spices and stir a little. Add the meat or the chicken and stir for 3-4 minutes. Add the tomatoes and stir until well mixed. Cover pan and let simmer on a medium fire until the tomatoes are dissolved, turning meat or chicken every 4 minutes. Pour enough boiling water (about 2 C.) to cover the meat and let it boil on low flame for about 1 1/2 hours, or until meat is done. Soak the rice in

warm water for about 15 minutes. Pour the water from the rice and add it to the meat. Stir immediately, slowly to keep the rice from sticking to the bottom of the pan. Boil over medium flame for about 3 minutes, then reduce the fire to low and let simmer for about 25 minutes. Soak the raisins in warm water for about 15 minutes. Saute the pine nuts and almonds in the olive oil. Remove the raisins from the water and squeeze them to get rid of any excess water. Add the raisins, the other half of the bhaji to the pine nuts and almonds, and stir over low heat for about 3 minutes. Add cardamom. To serve, put rice on a large platter with meat on top. Decorate top with pine nuts and almond mixture.

\* Bhaji - mixture of equal parts of:

black pepper corns  
whole ginger root  
whole yellow curry root  
whole cloves  
cinnamon

Hiyam Ramini  
Riyadh

#### BEAN CASSEROLE

1 lb. hamburger  
6 Tbsp. chopped onion  
1/2 lb. bacon, cut fine

Brown above ingredients together, pour off fat. Add to above ingredients:

1 C. brown sugar  
2 cans tomato soup  
3 15-oz. cans butter beans (save broth)

Place ingredients in casserole dish, cover and bake 1 hour at 350°. Add butter bean broth if casserole becomes dry.

Great at picnics!

Karin Toomey  
Riyadh

#### CAJUN RED BEANS AND RICE

SERVES: 6-8

1 lb dried red beans  
1/2 lb. salt pork  
3 C. chopped onion  
1 C. chopped green onions

- 1 C. chopped parsley
- 1 Tbsp. garlic salt
- 1/4 tsp. driel whole oregano
- 1 tsp. red pepper
- 1 Tbsp. worcestershire sauce
- 1 tsp. pepper
- 1-1/2 tsp. hot sauce
- 1 lb. smoked sausage, cut into 1/4 in. slices
- hot cooked rice

Sort and wash beans: place in a large dutch oven. Cover with water 2 in. above beans; let soak overnight. Add salt pork to beans: cover and simmer 45 minutes. Stir in next 10 ingredients; continue to cook 1 hour.

Brown sausage and drain: add to bean mixture. Cover and simmer 45 minutes, adding more water if necessary. Serve over rice.

#### CHICKEN CASSEROLE

SERVES: 4-6

- 3 lg. chicken breasts
- 1/2 C. melted butter
- 1 C. sour cream
- 1 10-3/4 oz. can cream of mushroom soup
- 1 4-oz. can sliced mushrooms, drained
- 1 8-oz. pkg. herb stuffing
- 1 C. broth

Put chicken in casserole or skillet, pour melted butter over chicken and sprinkle with salt. Bake covered at 375° for 45 minutes, or until tender. Drain broth, reserve 1 C. Remove skin from chicken bone and slice. Mix sour cream, mushroom soup and mushrooms. Toss with sliced chicken. Pour into 2 qt. casserole. Pour broth over stuffing, should be moist but still crumbly (may not need all of broth). Pour stuffing over chicken and bake at 350° for 45 minutes.

Robin Briggs  
Riyadh

#### CHICKEN CASSEROLE

SERVES 6

- 6 chicken breasts, thawed
- dried beef (5 oz. jar)
- 12 slices of bacon
- 2 8-oz. cartons of sour cream
- 2 10-1/2 oz. cans of cream of mushroom soup
- 2 4-oz. cans of sliced mushrooms

Heat oven to 300°. Spray a 13x9x2 in. baking dish with Pam. Line

the baking dish with the dried beef (so the dried beef covers the bottom, overlapping the pieces). Wrap the bacon around the chicken, so bacon completely covers chicken breast, and lay on top of dried beef. In a separate bowl, mix sour cream, cream of mushroom soup and sliced mushrooms together. Spoon over the top of chicken so each piece is covered. Bake very slowly for 1-1/2 to 2 hours. DO NOT SALT.

Cathey Pelletier  
Riyadh

#### CHICKEN AND ARTICHOKE

SERVES: 16-18

- 10 lb. chicken breasts  
salt and pepper  
butter
- 2 lb. fresh mushrooms
- 4 pkg. frozen artichokes
- 1 C. dry sherry
- 1 C. parmesan cheese  
paprika

Bone chicken and cut in large chunks. Season with salt and pepper and fry in butter until brown; remove from pan. (Can use 2 whole boiled chickens - boned). Partially cook artichokes and drain. Place layers of chicken, mushrooms and artichokes in casserole. Pour sherry over all (can use white wine). Make cream sauce and pour over. Sprinkle with parmesan cheese and paprika. Bake 375° oven for 40 minutes.

#### Cream Sauce:

- 12 Tbsp. butter
- 12 Tbsp. flour
- 1 Tbsp. worcestershire sauce  
salt and pepper to taste
- 6 C. half and half

Melt butter and mix flour stirring until smooth. Add worcestershire, salt and pepper to taste. Pour in half and half and cook, stirring until smooth. (Can substitute 2 cans creamed chicken or mushroom soup for cream.)

Gale Robertson  
Riyadh

#### CHICKEN AND BROCCOLI CASSEROLE

- 6 chicken breasts

- 1 lg. onion
- 1 8-oz. jar cheese whiz
- 1 can cream of mushroom soup
- 1 stick butter
- 1 C. uncooked rice
- 2 10-oz. pkg. frozen broccoli

Boil chicken and take off bone; cube meat. Saute chopped onions in butter. Cook rice. Cook broccoli. Mix ingredients in large casserole dish and bake at 350°F for approx. 30 minutes, until heated through.

Becky Farrell  
Riyadh

#### HOMEMADE CHILI CASSEROLE

SERVES: 4-6

- 1 lb. ground beef
- 1 8-oz. can kidney beans
- 1 8-oz. can tomato sauce - sm. can tomato paste
- 4 stalks chopped celery
- Seasonings: salt, black pepper, oregano, chili powder
- 1/2 pkg. sm. elbow macaroni

Brown beef. Drain pan. Add tomato sauce and tomato paste (with 1 can water). Add seasonings to taste (the more chili powder you add, the hotter your chili will be). Add chopped celery and kidney beans; stir. Simmer for 30-35 minutes.

Macaroni: Prepare as directed on pkg.

Casserole: Combine chili and elbow macaroni. Serve.

#### CHILI RELLENO CASSEROLE

SERVES 6-8

- 1 lb. ground round or chuck (lean)
- 1 onion, chopped
- 3 Tbsp. oil
- 1/4 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. seasoned pepper
- 4 cans (4 oz. ea.) green chillies whole
- 1 C. med. sharp cheddar cheese, grated
- 1/2 C. monterey jack cheese, grated
- 1-1/2 C. milk
- 1/4 C. flour
- 4 eggs, well beaten
- 4-6 drops Tabasco
- paprika

In a large skillet or frying pan, break up the beef and start browning

over medium-high heat. Add chopped onion and oil and stir until beef is well browned and onion is tender. Add the garlic, salt and pepper. Lightly grease a shallow baking dish. Line the bottom of the dish with half the chillies (halved and seeded). Sprinkle half the combined cheeses over the chillies. Drain the meat mixture and spoon over the cheeses. Add another layer of chillies and then a layer of cheese. In a medium size mixing bowl, combine the milk, flour, eggs, salt, pepper, and Tabasco. Mix well and pour over the casserole. Sprinkle paprika over all. Bake in a pre-heated oven 350° for 50-55 minutes. Allow to cool a little then cut into squares.

Sue Best  
Riyadh

#### LUSCIOUS CRAB AND ARTICHOKE CASSEROLE

- 1 stick butter
- 1 med. onion, finely chopped
- 1/2 C. flour
- 1 qt. cream, warmed
- 1/2 C. wine, or cooking sherry
- salt and pepper to taste
- 2 Tbsp. lemon juice
- 4 C. crab, fresh or canned
- 1 can artichoke hearts (optional), drained and rinsed
- 2-1/2 C. shell macaroni
- 1-1/2 C. Swiss cheese
- paprika

First, drain crab meat and remove any small cartilage. Empty into a bowl and pour lemon juice over crab. Toss and set aside.

Cook your 2-1/2 C. of shell macaroni. While that is cooking:

Melt butter in large skillet. Add onion and saute until golden brown. Stir in flour, cooking until golden in color. Add cream and blend with whisk to avoid lumping. Reduce heat, adding sherry, salt and pepper to taste. Let simmer over low heat.

After macaroni is cooked, drain. Arrange artichoke hearts on bottom of casserole dish. Pour about a C. of sauce over artichokes and stir. Pour in cooked shells. Then pour remaining sauce, crab and 1 C. of Swiss cheese. Toss lightly to blend. Top with remaining 1/2 C. Swiss cheese and paprika.

Bake at 350° for approx. 25-30 minutes, till lightly browned and bubbly.

Fabulous with a smoked pork roast!!

J. Toni Hedrick  
Riyadh

## GREEK MACARONI

1 lb. elbow macaroni - cooked 3/4 and then rinsed and strained

### Cheese Sauce:

3 C. milk (heated)

Add:

1/4 lb. American cheese

1/2 lb. mild or sharp cheese

Fry:

1/2 lb. hamburger

1/2 lg. onion

Place macaroni in a casserole dish or baking pan - pour cheese sauce over macaroni, add salt and pepper, mix fried hamburger mixture through macaroni.

Add 3 eggs that have been beaten lightly (as for custard) with 1/2 C. of milk added to the eggs. So egg mixture will not curdle, add some of your hot cheese sauce, then add all to the macaroni, mixing through gently. Spread grated cheese over the top. Place in a 350° oven for 30-45 minutes.

Jean Parrs  
Riyadh

## HUSBANDS DELIGHT

1 lb. hamburger

1 lg. can tomato sauce  
garlic salt (or garlic)  
salt and pepper

8 oz. noodles  
cheddar cheese, grated

1 container sour cream

1 lg. (8 oz.) block cream cheese

1 med. onion

Brown the hamburger and drain off the grease. Add garlic salt, tomato sauce and let simmer. Cook noodles as pkg. directs. Combine the sour cream, cream cheese, and onion. In a casserole dish, layer the ingredients: noodles, meat, sour cream mixture and grated cheese, ending with grated cheese on top. Heat at 325° until hot.

Linda Thomason  
Riyadh

## MEXICAN RICE DINNER

SERVES 4-6

3 C. cooked rice

- 4 C. chili (2 16-oz. cans)
- 1 C. water
- 1/2 C. sliced green onions
- 4 oz. can chopped green chillies
- 1/2 tsp. hot pepper sauce
- 1/4 tsp. garlic powder
- various toppings

In a large saucepan combine chili, water, onions, green chillies, seasonings and rice. Cook 3-4 minutes, over medium heat until heated thoroughly. Top with shredded lettuce, grated cheese, diced avocado, corn chips, onions, olives, sour cream, etc.

Jean Steidl  
Riyadh

#### MUSAQA'AT BADINJAN (Eggplant Musaga'at)

SERVES 8

- 2 lb. eggplant
- 1 lb. ground meat
- 2 sm. onions
- salt and pepper
- 1 chopped garlic clove
- 3 or 4 tomatoes
- 1 Tbsp. tomato paste in 1 C. water
- chopped parsley

Cut the eggplant in 1 in. thick slices lengthwise or in cross section. Fry until browned. Mince the meat and fry it. Add the thinly sliced onions and fry for another few minutes. Season to taste. Arrange the meat mixture and the eggplant in alternate layers, with thinly sliced tomatoes between. Pour over the diluted tomato paste and garlic. Cook in heatproof dish in oven or in a pan over a free flame. When nearly all the liquid has evaporated, 20-30 minutes, serve with chopped parsley sprinkled on top. This dish can be served with rice.

Widad Metti  
Tabuk

#### PIEROGI CASSEROLE

- 10 to 12 potatoes
- 1-1/2 C. cheddar cheese, grated
- 1/2 lg. pkg. cream cheese
- 2 sticks butter
- 2 onions, finely diced
- 1 lb. pkg. lasagna noodles

1/4 to 1/2 lb. bacon chopped fine

Fry bacon, and when almost done saute onions with it. Drain off the grease. Melt butter in pan with bacon and onions. Set aside. Cook lasagna noodles and drain. Cook potatoes, drain, and then mash smooth. Add cream cheese and cheddar cheese to mashed potatoes, mixing well. Add half of bacon, butter and onion mixture to potatoes, mixing well. Butter generously a 13x9x2 in. baking dish. Layer noodles, then potato mixture. Repeat, ending with lasagna noodles. Pour remaining half of bacon, butter and onion mixture over all. Cover with foil. Bake 350° until heated through.

Helen O'Mara  
Riyadh

#### SIX-CAN CASSEROLE

SERVES 10

- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1 can chicken and rice soup
- 1 tall can evaporated milk
- 2 cans chow mein noodles
- 2 C. chicken (4 5-oz. cans of chicken)

Mix all ingredients well. Bake at 350° for 45 minutes. Serve steaming hot.

Sheryl Ruleman  
Virginia

#### ITALIAN ZUCCHINI

In skillet brown:

- 1 lb. ground chuck
- 2 Tbsp. chopped green peppers
- 2 Tbsp. chopped onions
- 1/4 tsp. oregano
- salt to taste
- 1/2 C. washed rice

Add:

- 1 heaping C. diced tomatoes
- 1/3 C. water

Bring to boil. Slice zucchini 1/4 in. thick, cover bottom of dish. Pour meat mixture over zucchini. Sprinkle with parmesan cheese.

Cover and bake at 350° for 1 hour.

Julie Fulner  
Riyadh

#### CRAB BOATS

- 1 flat can crab, drained
- 3/4 lb. cheddar cheese
- 3/4 C. mayonnaise
- 6 green onions
- 1 pkg. weiner buns (8/pkg.)

Shred crab, grate cheese, chop onions, including tops, mix together with mayonnaise. Spread evenly on split weiner buns (16 half buns). Broil until lightly browned (carefully as they burn easily). Serve for lunches or cut in smaller sections and use for hors d'oeuvres

Darlene Miller  
Khamis Mushayt

#### CRABMEAT IMPERIAL

SERVES 4-6

- 1. 1/2 C. finely chopped green pepper
  - 1 sm. jar of chopped pimento
  - 1 med. finely chopped onion
  - 1 clove minced garlic
- 1/2 stick butter or margarine

Saute the above ingredients in butter and set aside.

- 2. 3/4 C. mayonnaise
  - 1 tsp. dry mustard
  - 1 well beaten egg
  - dash of tabasco
  - salt and pepper to taste

Mix together and combine with ingredients from Step 1.

- 3. Fold in 1 lb. can of well picked crabmeat.

Put mixture into individual crab shells, ramekins or casserole. Dot with butter and put in 350° oven for 20 minutes.

Patty Watford  
Jeddah

#### CRABMEAT AND ASPARAGUS QUICHE

SERVES 12

- 1 9-in. pastry shell

- 6-1/2 oz. can crab meat, drained
- 1-1/2 lb. fresh asparagus, or 2 pkg. (10 oz. size)  
frozen asparagus spears
- 1 tsp. salt
- 2 tsp. lemon juice
- 1/2 lb. natural Swiss cheese, grated
- 4 eggs
- 1-1/2 C. heavy cream
- 1/8 tsp. black pepper
- 1/8 tsp. nutmeg
- 1/8 tsp. salt

1. Prepare pie crust and refrigerate.
2. Wash asparagus; break off and discard tough white portion. Scrape ends of asparagus with vegetable parer. Set aside 12 of the best spears for decoration - should be 5 in. long. Cut rest of asparagus into 1/2 in. pieces.
3. In large saucepan, bring 1 qt. water to boiling; add salt and asparagus. Bring back to boiling; reduce heat; simmer, covered, 5 minutes. Drain; rinse asparagus under cold water. (If using frozen asparagus prepare according to pkg. instructions.)
4. Preheat oven to 375°. Sprinkle bottom of pie shell with cheese, then cut up asparagus, then crab meat, then lemon juice.
5. In medium bowl, with rotary beater, beat eggs with cream, nutmeg, salt, and pepper just until combined.
6. Pour cream mixture into pie shell. Arrange asparagus spears, spoke fashion, on pie.
7. Bake 40 minutes, or just until puffy and golden. Serve warm.

Jeannette L. Shoun  
Riyadh

#### CRAB-SHRIMP QUICHE

SERVES 4

- 1 9-in. unbaked pie shell
- 1 C. crab meat (canned or fresh)
- 1 C. shrimp
- 1 C. shredded sharp cheese
- 2 eggs well beaten
- 3/4 C. milk
- 1 tsp. lemon juice
- 1/2 tsp. salt
- 1 tsp. worcestershire sauce
- 1/2 tsp. dry mustard

- 1/2 C. chopped fresh parsley
- 1/2 C. sliced almonds

Line 8x1-1/2 in. quiche pan with pie crust. (Regular 9 in. pie plate can be used.) Lightly toss together crab, shrimp and cheese. Pour into crust. Beat eggs, add milk, salt, lemon juice, worcestershire sauce and mustard. Mix well. Pour over mixture in crust. Sprinkle parsley and almonds on top. Bake at 350° for approx. 45 minutes, until knife inserted in center comes out clean. Remove from oven and cool 10 minutes. Slice.

Lois Whitmer  
Virginia

#### STUFFED CRAB MEAT

- 1/2 C. ground pork
- 1/2 C. crab meat (boiled)
- 1 egg
- 1 Tbsp. chopped white onion
- 1 piece of bread
- 1/4 C. milk
- 1 tsp. garlic salt
- 1/2 tsp. pepper
- 1/2 Tbsp. chopped coriander leaves and sliced red chili
- C. vegetable oil

Soak bread in milk. Mix crab meat with ground pork, garlic salt, egg, bread and milk mixture. Add chopped coriander and chopped onion. Mix well. Put mixture in crab shells or clam shells. Top with coriander leaves and sliced red chili. Steam them for 30 minutes. Let Pu cha cool. Fry in hot oil until brown.

Kyoung Jea DeSpain  
Riyadh

#### STUFFED EGGPLANT A LA GALATORIRES SERVES 4

- 2 lg. eggplants
- olive oil
- 6 Tbsp. butter
- 1 C. chopped green onion
- chopped parsley
- salt and pepper to taste
- 1 lb. lump crab meat
- bread crumbs
- grated parmesan cheese

Cut eggplants in half lengthwise, rub the cut surface with olive oil

and place cut side-down in roasting pan. Bake 30 minutes at 350°F. Scrape pulp from skin leaving a shell with skin intact. Melt butter in heavy skillet and saute in it the onion and a generous amount of parsley. Season mixture with salt and pepper and allow to simmer a few minutes. Add eggplant pulp and cook a few more minutes. Add crab meat and mix well. Stuff eggplant shells with mixture and sprinkle with bread crumbs and parmesan cheese. Bake in 350°F oven for 30 minutes.

Gloria McClendon  
Khamis Mushayt

KOREAN DISH  
CHON-YU-WHA

SERVES 2

200 grams flounder (1/2 lb.)  
2 med. onions  
1 lg. zucchini squash  
2 med. hot, red peppers  
1/2 C. flour  
3 eggs  
1/2 tsp. salad oil  
30 grams ground beef (2 Tbsp.)  
oil for frying  
salt and pepper to taste  
garlic salt - dash  
Accent/Monosodium Glutamate - dash

Combine 3 eggs and 1/2 tsp. salad oil, mixing well. Sprinkle fish with salt and pepper, coat with flour and then dip into egg mixture. Fry until done. Remove to serving platter and keep warm. Slice zucchini and onions into 0.5 cm (1/4 in.) slices. Sprinkle with salt, coat with flour and then dip into egg mixture. Fry until light brown. Arrange beside fish on serving platter. Cut red peppers in half lengthwise and remove seeds. Mold ground beef into pepper halves then coat on cut side with flour. Dip in egg mixture and fry until golden brown. Remove from pan, sprinkle with garlic salt and Accent. Cut each half pepper in 2 pieces and garnish over fish, onion and zucchini.

HERRINGS IN TOMATO SAUCE

SERVES 6-8

4 herrings  
3 onions, med.  
cooking oil  
1/2 bottle tomato ketchup, 8 oz.  
2 bay leaves  
1/2 tsp. sugar  
(use 10 in. frying pan)

Soak herrings in cold water for 2 days. Remove bones, cut each herring into 4 pieces. Slice onions, fry in oil until tender; add ketchup, bay leaves and sugar. Boil 5 minutes. Pour hot over herrings. Set in cool place overnight.

Cassie DiSalvo  
Riyadh-Lithuania

#### SWEET AND SOUR FISH FINGERS

- 3/4 lb. thick fish fillets
- 1/2 tsp. salt
- pinch white pepper
- 1 Tbsp. ginger wine
- 2 Tbsp. corn flour
- 1 Tbsp. sesame oil
  
- 1/2 C. white vinegar
- 2-1/2 oz. brown sugar
- 1 Tbsp. tomato paste
- 1 Tbsp. soy sauce
- 3/4 C. chicken stock
- 2 Tbsp. corn flour
- 4 drops red food coloring
- pinch, salt
- 1/2" piece fresh ginger, shredded
- 2 cloves garlic
- 2 spring onions
- 1/2 sm. carrot
- 1/2 oz. canned bamboo shoots
- 1 sm. red chili
- 1 Tbsp. finely chopped celery
  
- 1/4 lb. plain flour
- 2 oz. corn flour
- 2 Tbsp. baking powder
- 2 Tbsp. cooking oil
- oil for deep frying

1. Cut fish into pieces 1 x 4 in. and pat dry. Sprinkle with 1/2 tsp. salt and white pepper, ginger wine, corn flour and sesame oil and leave to marinate 10 minutes.
2. Prepare sauce by mixing ingredients from vinegar to salt, in a small saucepan. Add shredded ginger. Chop garlic and spring onions finely and add to the pan. Scrape and shred carrot, drain and shred bamboo shoots, and shred celery. Add all veggies to the pan. Bring to boil, stirring until mixture clears and thickens. Boil for 4 minutes. Keep hot until needed.

3. Make a batter with plain flour, corn flour, baking powder, oil and enough water to make a batter of dropping consistency. Heat oil for deep frying. Dip fish into batter and drop into hot oil; fry until nicely browned. Drain and place on serving dish.
4. Pass sauce in bowl or pour over fish just before serving.

Michele DePedrini  
Riyadh

#### KENT'S TROUT

- 4 whole trout
- 20 C. water
- 2-1/2 C. sliced green onions
- 1-1/2 C. sliced fresh ginger roots
- 1/4 C. soy sauce
- 1/2 C. cooking oil

Bring water to a boil for 5 minutes. Turn off heat. Put fish in water and cover for 12-15 minutes: take fish out with two spatulas; lay fish on a big plate. Spread top of fish with mixed sliced green onions and fresh ginger roots and cover with soy sauce. Heat the oil until it smokes then pour it on top.

Lee Dittmer  
Riyadh

#### SALMON CROQUETTES

- 1 1-lb. can red or pink salmon
- 2/3 C. juice and milk
- 4 Tbsp. minced onion
- 3 Tbsp. butter
- 1/4 C. flour
- 1 egg, slightly beaten
- 1/4 tsp. salt
- dash of pepper
- 2/3 C. soft bread crumbs

#### Breading:

- 1 egg
- 1 Tbsp. evaporated milk
- 1 Tbsp. water
- 1-1/2 to 2 C. fine, dry bread crumbs

Drain salmon, measure juice; add milk to juice to make 2/3 C. Remove skin and bone. Saute onion in butter. Add flour, blend well.

Add mixed juice and milk and egg, cook until thick. Mix with salmon, salt, pepper and bread crumbs. Chill. Shape into 8 ovals. Dip into egg beaten with milk and water. Cover each piece well, to seal. Roll in crumbs. Chill again. Fry in deep fat until golden brown.

from the  
Frances Virginia Tea Room Cookbook  
Atlanta, Georgia  
submitted by Judy McDaniel

#### ALMOND SEAFOOD NEWBURG

SERVES 4

- 1/2 C. sliced almonds
- 2 cans (6 oz.) or 2 C. seafood
- 1/4 C. butter
- 1/3 C. flour
- 1 tsp. salt
- dash cayenne
- 2 C. milk
- 1 tsp. worcestershire
- 1-2 Tbsp. lemon juice
- 2 egg yolks, beaten

Melt butter in pan. Blend in flour, salt and cayenne: add milk and worcestershire. Cook - stir till comes to a boil and is thickened. Stir in seafood, almonds and lemon juice. Heat but do not boil. Mix a little hot mixture into egg yolks and return to main mixture. Heat 1 min. and serve.

Liz Stanley

#### SEAFOOD STEW

SERVES 4

- 2 med. lobster tails, cooked and cooled
- 1 can crab meat (2 oz. or 4 oz.)
- 8 med. shrimp, cooked and cooled  
(or handful of frozen ready-to-eat)
- 4 Tbsp. butter
- 4 drops soy sauce
- 4 drops worcestershire sauce
- 4 Tbsp. clam juice
- 4 Tbsp. white wine

In top of double boiler, melt the butter; add soy sauce, worcestershire sauce, clam juice and white wine. When this mixture is hot, add the seafood (cut into chunks). Serve immediately. Excellent with salad and hard rolls.

Linda Chambron  
Minneapolis

## KAO PAT KOONG

In a wok, saute the following until vegetables are cooked but still a bit crisp:

- 1/2 C. salad oil
- 3/4 C. chopped onion (green are best)
- 4 cloves of garlic (minced)
- 1/2 C. sliced carrots
- 1/2 C. sliced celery
- 2 cans sliced water chestnuts (optional)

Push vegetables up sides of wok, then add: 6 eggs (beaten slightly).

Stir constantly as for scrambled eggs but be certain eggs are in very small pieces (no large chunks).

Add:

- 6 C. of steamed white rice; stir to mix
  - 6 cans of shrimp (med., deveined)
  - 1 C. of diced ham (crab meat, pork, white fish can also be added)
- soy sauce until slightly moist; mix thoroughly - really to suit your taste

Top with 1 C. of chopped green onions.

For those who enjoy "hot" food, dried red peppers or red pepper is an excellent addition.

SERVE AND ENJOY!

Kelly Lane  
KKMC-Thailand

## MEL'S GUMBO

- 2 Tbsp. Wesson oil
- 1 sm. white onion
- 1 lg. bell pepper
- garlic cloves
- garlic powder
- salt, black and red pepper
- 2 lb. cleaned shrimp
- 1 lg. link country sausage
- 2 cans crab meat
- 2 Tbsp. Gumbo file
- 2 pots (dutch skillet and frying skillet)
- 1 lg. can tomato sauce

Saute in dutch skillet - Wesson oil, onion, bell pepper, garlic cloves

— cook until tender; add tomato sauce and crab meat; simmer.

In skillet add 3 lg. Tbsp. flour, have enough oil in skillet to moisten flour, cook until very brown. Place this roux into dutch skillet and then add water.— about 1/2 pot. Add salt, pepper, garlic powder, Gumbo file, bring to boil, cut back and simmer 20 minutes. Then add shrimp and sausage that has been cut into small pieces — cook 15 minutes longer. Serve with rice.

Melvina Brown  
Galveston, Texas

#### SHRIMP ETOUFEE

SERVES 4-6

- 6 Tbsp. butter
- 3 Tbsp. flour
- 1 C. chopped onion
- 6 green onions and tops, chopped
- 1/2 C. chopped celery
- 2 C. water
- 3 lb. shrimp, peeled and deveined
- 1/4 C. chopped parsley
- salt and pepper to taste
- 1 sm. bay leaf
- tabasco to taste
- cooked rice

In a skillet, melt the butter and stir in the flour. Cook, stirring constantly, until this is a rich brown. Add the vegetables and cook until tender. Stir in the water, shrimp, parsley and seasonings. Simmer uncovered for 20 minutes or until the shrimp are done. Serve over hot rice.

Charlotte Foley  
Riyadh

#### SHRIMP STEW

SERVES 6

- 1 to 1-1/2 lb. med. shrimp, shelled and deveined
- 1 lg. onion, chopped
- 3 green onions, chopped
- 2 clove garlic, chopped
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 can or jar of brown gravy
- 1/2 to 1 tsp. Tabasco sauce

Saute shrimp in butter or margarine. Add next six ingredients. Simmer 30 minutes. If thickens too much, thin with a small amount

of water. Serve over rice.

Margie Sewell  
Al Khobar, Dhahran

#### SHRIMP AND WILD RICE BAKE

SERVES 8

- 2-1/2 lb. shrimp
- 3 10-1/2-oz. cans cream of mushroom soup
- 3/4 C. water
- 1 6-oz. box Uncle Ben's Long-Grain and Wild Rice
- 1 lg. green pepper, chopped
- 1 2-oz. jar diced pimento
- 2 C. finely chopped onion
- 1 C. finely chopped celery
- 1 lb. cheddar cheese, shredded

Boil, peel and devein shrimp. Dilute soup with water. Cook rice according to pkg. directions. Combine all ingredients. Pour into 3 qt. casserole (rectangular Pyrex dish). Bake uncovered at 350°F for 45 minutes to 1 hour. Serve at once.

Gloria McClendon  
Khamis Mushayt

#### SHRIMP TEMPURA WITH DIPPING SAUCE SERVES 4

Tempura:

- 12 lg. raw shrimp
- 2 bell peppers, sliced into 1/2 in. strips
- 2 sm. zucchini squash, cut into 1/4 in. round slices
- 1 yellow onion, cut into 1/2 in. rings
- 2 carrots, cut into matchstick strips
- Other assorted vegetables such as - broccoli, cauliflower, fresh sprigs of parsley, mushrooms, etc.
- 1 C. ice water
- 1 egg yolk
- 3/4 C. cake flour
- 1/4 C. cornstarch
- vegetable oil for deep-frying

Peel shrimp, except for the tail. With a sharp knife, cut a line down the middle of the back and remove the black vein; then cut deeper (but not all the way through) to butterfly the shrimp. To prevent curling, make light slashes across the underside. Rinse and pat dry. Rinse and dry the vegetables. Combine the ice water and egg yolk and beat lightly. Sift flour and cornstarch together in a large bowl; then stir in egg mixture. Do not overmix; batter should be lumpy.

Heat oil to 350°. The temperature is right when a drop of batter sinks halfway to the bottom before rising to the top. Dredge shrimp and vegetables lightly in flour; then dip in batter. The shrimp should be cooked 2-3 minutes; the vegetables more quickly. Serve with short-grain rice and Dipping Sauce (see recipe).

#### Dipping Sauce:

- 3 Tbsp. vinegar, or to taste
- 1/4 C. Japanese soy sauce
- 1-2 Tbsp. Japanese rice wine or sherry

Combine all ingredients. Serve with tempura.

Sue Westerberg  
Riyadh

#### TUNA SALAD PUFF

SERVES 4

##### 1. Pastry Shell:

- 3/4 C. milk
- 4 Tbsp. butter
- 3/4 C. flour
- 1/2 tsp. salt
- 3 eggs
- 1 Tbsp. softened butter

In a medium size saucepan, cook milk and butter over medium heat until butter melts and milk almost boils. Remove from heat; beat in flour and salt all at once. Return to heat and stir vigorously for about 1 minute until batter leaves sides of pan and sticks to spoon. Remove from heat and let cool 3-4 minutes. Add eggs, one at a time; beat until smooth and velvety. Grease a 9 in. pie plate with softened butter. Spoon in batter and spread evenly. Bake at 400° for 30-35 minutes. Cool for 10 minutes, after removing from oven (shell should collapse slightly). Remove shell from pie plate and let cool completely before filling. Meanwhile, prepare the filling:

##### 2. Tuna Salad with Parsley-Walnut Dressing:

- 1 C. loosely packed fresh parsley
- 1/2 C. walnuts
- 1 clove garlic, fresh, chopped
- 1/2 tsp. salt
- 1/3 C. olive oil
- 2 7-oz. cans tuna, drained
- 1 Tbsp. lemon juice

Break off parsley stems. Put in food processor bowl or blender,

along with walnuts, garlic, salt and half of oil. Whirl several seconds; scrape down sides and add remaining oil. In a mixing bowl, break up tuna, leaving some chunks. Sprinkle with lemon juice. Toss with parsley-walnut dressing.

3. Garnish:

- 1 ripe avocado
- lettuce leaves

4. To assemble salad:

Line shell with lettuce leaves. Slice avocado lengthwise and arrange around the edge. Spoon tuna salad into center. Cut into pie-shaped wedges.

STUFFED CABBAGE ROLLS  
(Mihshee Malfoof)

- 1 lb. ground lamb or beef  
(include both fat and lean)
- 1 C. rice, washed and drained
- 1 lg. or 2 med. heads cabbage
- 1/2 C. melted butter  
salt, pepper and cinnamon to taste
- 6 cloves garlic, unpeeled
- 1/2 C. lemon juice

In a bowl, combine meat, rice, butter and spices and mix well. Set aside. Carve out thick core from center of cabbage and drop cabbage into boiling salted water, cored end down. Boil about 5 minutes, until leaves are softened for easier separation of leaves. While boiling, loosen each leaf with a long fork; remove separated leaves and rest of cabbage from water and place in a pan or bowl until cool. Remove heavy center stems or ribs from leaves and set aside. If leaves are large, cut in half or palm size. Lay outside leaves (usually too large to roll) in bottom of 4 qt. saucepan and enough cabbage ribs to fill the bottom of pan. Fill each leaf with about 1 to 1-1/2 Tbsp. of stuffing and roll firmly in shape of cigar, gently squeezing rolled cabbage to be sure it is firmly closed. Lay cabbage rolls neatly side by side in rows, alternating and making several layers. Scatter cloves of garlic among layers. Put leftover cabbage leaves and ribs on top layer of rolls, then place an inverted plate and press down. Add water and salt to reach slightly above inverted plate. Cover and cook on medium heat for 40 minutes. Add lemon juice and cook 10 minutes more. (Lift plate or saucer off of cabbage rolls before adding lemon juice in order for the juice to penetrate all layers.) Variation: Tomato sauce may be added to stuffing mixture, adding moisture to filling. After all rolls have been arranged in layers and plate or saucer pressed on top, add can of tomatoes, mixed

with 1 C. water and salt to reach slightly above plate. Cook, covered, over medium heat for approx. 40-50 minutes. Do not add lemon juice.

Bedour Fam  
KKMC-Egypt

#### MOUSSAKA

- 2 lg. eggplants
- 1 lb. zucchini
- 1 lb. minced beef or lamb
- 1/2 C. oil
- 1 C. parmesan cheese
- 1/2 C. wine
- 1/2 C. bread crumbs 1 med. onion
- 4 Tbsp. chopped parsley
- 1 tin tomatoes

Prepare eggplants by cutting into 1/4 in. slices, sprinkle with salt and leave for a few minutes. After this rinse and drain. Cut zucchini into 1/4 in. slices. Fry the vegetables in oil, drain and keep to one side. Fry the meat and onions in the same oil, add the tomatoes, parsley, a little cinnamon and cloves. Add the wine, and a little water if too dry.

#### Bechamel Sauce:

- 4 C. milk
- 4 Tbsp. flour
- 2 egg yolks
- 4 Tbsp. unsalted butter
- salt and pepper
- 1/4 tsp. nutmeg

Grease an oven-proof dish and layer the ingredients thus:

eggplant  
zucchini  
meat mixture  
bread crumbs  
cheese  
zucchini  
eggplant  
Bechamel sauce

Cook in oven at 350°F until golden brown. Cut out a small corner and tip the dish to drain some of the fat off.

Mae Stachowas  
Riyadh

**STUFFED BAKED EGGPLANT****SERVES 6****Batinjan bil Saneeye or Skeik il Minshee**

- 3 eggplants
- 1 12-oz. can tomato puree

Skin eggplant. Cut into quarters, lengthwise. Saute in butter. Place side by side in baking pan. Make slits in center of each and stuff with 1 Tbsp. stuffing. Pour tomato puree (thinned with a little water) over the eggplant. Bake at 350° for 20 minutes.

**Stuffing:**

- 1 lb. ground lamb
- 1/2 lb. butter
  - dash of allspice, nutmeg and cinnamon
  - salt and pepper to taste
- 1 onion, chopped
- 1/2 C. pine nuts

Brown lamb; drain. Saute onions and pine nuts in butter. Mix all ingredients together. Stuff as above.

**EASY QUICHE****SERVES 6**

- pastry for single pie crust
- 8 slices bacon
- 6 oz. grated Swiss cheese (1-1/2 C.)
- 3 eggs
- 1 C. whipping cream
- 1 C. milk
- 1/2 tsp. dry mustard
- 1/2 tsp. salt
- 1/4 tsp. white pepper (sub. black)
- 1/8 tsp. cayenne pepper

1. Fit pastry into pie pan, fluting rim.
2. Cook bacon until crisp, drain thoroughly, then crumble.
3. Sprinkle bacon and cheese into prepared pastry shell.
4. Beat eggs lightly, then blend in whipping cream, milk and seasonings. Pour mixture over cheese and bacon in pastry shell.
5. Bake in 375° (preheated) oven for 45 minutes or until custard is firm and crust and custard are browned.

Virginia Butler  
Taif

## SPAGHETTI ALLA CARBONARA

Makes 4 lg. servings

Coal Miner's Style Spaghetti

(from Northern Italy)

- 1 lb. spaghetti cooked (toss with butter)
- 1 lb. bacon, fried and crumbled (is easiest to microwave)
- 16 oz. cream - light cream or "coffee" cream  
(May substitute 2 8-oz. cans evaporated milk or  
use any combination of 1/2 cream, 1/2 evaporated milk)
- 2 eggs
- 1/4 lb. freshly grated romano cheese
- 1 tsp. each: garlic\*, oregano, sweet basil, fresh ground  
black pepper

\* If you like garlic use 1 Tbsp.

In large skillet combine eggs, 12 oz. cream and seasonings and heat over medium heat. Add spaghetti and bacon, and stir constantly (may add more milk if too thick to stir). Slowly add cheese (still stirring!) until desired consistency. Keep on slightly runny side - this thickens quickly after serving. Serve immediately.

Cheryl Faulkner-Kilby  
Riyadh

## FRIED RICE WITH HAM

- 1 med. onion, sliced and chopped
- 1 C. ham, cut up
- 5 C. cooked Uncle Ben's long grain rice  
(white rice - do not use salt when cooking)
- 3 eggs, beaten
- 1 C. cooking oil for deep frying eggs
- 2 cloves garlic, mashed
- 1-1/2 tsp. salt
- 2 Tbsp. green onion, cut up
- 1/2 C. cooked mixed peas and carrots
- 1 tsp. black pepper

Heat oil - very hot. Pour in eggs. When done chop into small pieces. Stir fry in 2 Tbsp. oil: garlic, onion, ham and egg. Cover and cook 1 minute. Add 1/2 tsp. salt, rice, rest of salt, pepper, green onions, peas and carrots (optional).

Note: You can season your fried rice with soy sauce mixed with teriyaki sauce and reduce amount of salt in this recipe to your taste.

Lee Dittmer  
Riyadh

## OVERNIGHT SANDWICHES

SERVES 8

- 16 slices white bread (trim crust) 2 slices per sandwich
- 8 slices ham - 1 per sandwich
- 8 slices sharp cheddar cheese - 1 per sandwich

Butter bottom of pan, place slices of bread to cover bottom of pan. Crowd into pan. Top each piece of bread with slice of ham and slice of cheese. Top with bread.

Egg Mixture - Beat together:

- 8 eggs
- 3 C. milk
- 1 tsp. salt
- 1/2 to 3/4 tsp. mustard

Pour over sandwiches. Let stand overnight. Bake 45 minutes to 1 hour at 350°.

Mary Ellen Smith  
Riyadh

## P.J.'S HALF HAM WITH APRICOTS

- 1 ready-to-eat half ham
- whole cloves
- dijon mustard
- 1/2 C. granulated brown sugar
- 1-1/2 C. apple juice
- 1/2 lb. dried apricots
- 1/2 C. sweet wine

Preheat oven to 325°F. Put ham in shallow baking pan and insert whole cloves all over surface, approx. 3/4 in. apart. at a thin layer of dijon mustard all over (about 2 Tbsp.). Sprinkle with brown sugar. Pour apple juice into bottom of pan. Bake 20 minutes per lb.; baste frequently.

Bring apricots and wine to a boil; cover and set aside. When ham has about a half hour to go, add apricots and wine to pan.

Put ham on serving plate: attach apricots with toothpicks.

P. Johanna deDeugd  
Riyadh

## Crust:

- 1-1/2 C. all-purpose flour sifted
- 3/4 tsp. salt
- 4 oz. (1 stick) butter, chilled, cut into pieces
- 1/4 C. ice water

In a mixing bowl combine flour and salt. Add the butter and work with a pastry blender until mixture resembles coarse meal. Pour in a little water at a time while mixing with a fork. You may not need all the water or may use slightly more. Gather dough into a ball, wrap in plastic wrap, and chill at least 20 minutes, or until ready to use. Butter a 9 in. quiche pan or pie plate. Roll dough out into a circle large enough to line bottom and sides of prepared pan. Trim excess dough and flute edges all around. Pierce the bottom of the dough with a fork. Set aside.

## Filling:

- 1 Tbsp. butter
- 1 Tbsp. oil
- 1 C. chopped fresh mushrooms
- 2 Tbsp. vermouth or white wine
- salt and pepper to taste
- 1/2 C. grated mozzarella cheese
- 1/2 C. chopped ham
- 2 eggs
- 2 Tbsp. milk
- 1 Tbsp. bread crumbs
- 1 Tbsp. minced fresh parsley
- or 1 tsp. dried parsley
- 2 C. cauliflowerets, blanched
- 1/2 C. white sauce (1/2 Tbsp. butter, 1/2 Tbsp. flour, 1/2 C. milk cooked until thickened and bubbly)
- 1/4 C. heavy cream
- 4 Tbsp. grated parmesan cheese
- 1 jar (4 oz.) pimentos

Heat butter and oil in a medium skillet. Add mushrooms and cook until all liquid released by mushrooms has evaporated. Add vermouth and cook for 5-10 minutes longer. Season with salt and pepper to taste. Remove skillet from heat and cool. Stir in mozzarella and ham. Beat the eggs in a mixing bowl until frothy. Add milk, cream, bread crumbs, parsley, and mushroom mixture.

Mix blanched cauliflowerets with white sauce and arrange on bottom of crust. Pour milk/cream, etc. over top of cauliflowerets. Sprinkle with parmesan cheese and decorate with strips of red pimento. Bake at 400°F for 15 minutes, then reduce temperature to 350°F and cook

for 30 minutes longer. Cool before cutting. Serve warm.

Kay Faglie  
Riyadh

#### PORK CHOPS IN A POT

- 4-6 lean pork chops
- 3-4 potatoes, sliced
- chopped carrots
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 can french style green beans
- 1 Tbsp. chopped onion
- 3 slices bacon, chopped

Brown pork chops in skillet. Line casserole dish with aluminum foil. Place chops in the foil; add potatoes, carrots, salt and pepper. Cover with green beans, onion and bacon. Tightly fold foil over the top. Bake 1-1/2 hours at 350°.

Vicki Brecht  
Riyadh

#### PORK CHOPS WITH RICE

SERVES 4

- 4 pork chops

To taste:

- celery salt
- onion powder
- ground mustard
- pepper
- paprika

- 1 C. raw rice
- 2 chicken bouillon cubes
- 2 onion or vegetable bouillon cubes
- 3-1/2 C. boiling water
- 1 Tbsp. dried parsley
- 2 Tbsp. vegetable oil or bacon grease

Trim excess fat from chops. In a large skillet, heat the vegetable oil or bacon grease. Place chops in pan and sprinkle to taste with celery salt, onion powder, ground mustard, pepper and paprika. Immediately turn chops and sprinkle the same spices on opposite side. Brown chops well on both sides. Remove chops to a medium size baking dish with high sides. Reserve 2 Tbsp. grease in skillet. Add rice and cook, stirring until rice is lightly browned. Meanwhile, dissolve the bouillon cubes in the boiling water. Add parsley to rice. Stir in hot broth. Pour rice mixture over chops in baking dish.

Cover with aluminum foil and seal tightly. Bake in moderate 350° oven for 1 hour.

Kay Faglie  
Riyadh

FOLDED PORK ENCHILADAS  
(Mexican)

SERVES 5-8

- 16 corn tortillas
- salad oil, shortening, or lard for frying tortillas
- 2-1/2 C. Mexican Red Chili Sauce (canned or use recipe below)
- 3 C. Pork Filling (recipe below)
- 1/3 C. minced canned green chillies, seeds and pith removed
- 1-1/2 C. shredded jack cheese or cheddar cheese

Fry tortillas in oil and dip into heated sauce (below). Spoon about 3 Tbsp. Pork Filling and about 1 tsp. minced chillies down the center of each; fold tortilla over filling to make a half moon shape. Arrange enchiladas, overlapping, in a shallow ungreased casserole.

Pour over enough sauce to make a shallow layer in the dish. Sprinkle with cheese. Bake uncovered in a 350° oven for 15-20 minutes, or just until hot throughout. Serve with a bowl of heated sauce. Makes 16.

Red Chili Sauce for Enchiladas

- 6 oz. (about 10-12) whole dried California chillies
- 3 C. hot water
- 1/4 C. tomato sauce or tomato paste
- 1 sm. clove garlic, minced or mashed
- 1/4 C. salad oil
- 1-1/2 tsp. salt
- 1 tsp. crumbled oregano
- 1/4 tsp. ground cumin

Place chillies on a baking sheet. Toast lightly in a 400° oven for 3-4 minutes only, or until they give off a mild aroma. Do not burn the chillies or they will be very bitter. Remove from oven, let cool to touch, then remove and discard stems, seeds and any pink pithy material inside the chillies. Rinse in cool water, drain briefly, then cover the chillies with hot water; let stand 1 hour. Place chillies in a blender with enough of the water to blend; whirl until smooth. (Or scrape the pulp from the skin with a table knife, then put through a wire strainer.) Add remaining water, tomato sauce or tomato paste, garlic, salad oil, salt, oregano, and cumin. Simmer sauce gently for 10 minutes, stirring occasionally. You can freeze this sauce. Makes 3-1/2 C.

## Pork Filling for Enchiladas

- 1-1/2 Tbsp. salad oil or melted lard
- 1 med. size onion, chopped
- 2 C. finely diced or shredded, cooked lean pork
- 1 sm. canned jalapeno chili or other pickled very hot chili (minced)
- 1/4 C. raisins
- 1-1/2 Tbsp. chopped ripe olives
- 2/3 C. Red Chili Sauce

In hot salad oil or lard, saute onion until limp. Blend in pork, chillies, raisins, olives and sauce. Simmer 10 minutes, stirring occasionally. Makes 2-1/2 to 3 C.

Marcella Hernandez  
Riyadh

## MANDARIN PORK ROAST

SERVES 12-14

- 1 4-lb. boneless pork loin
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. garlic powder
- 2 Tbsp. Dijon mustard
- 1 11-oz. can mandarin oranges
- 1/4 C. light brown sugar
- 1/4 C. vinegar
- 1 chicken flavored bouillon cube
- 1 Tbsp. soy sauce
- 2 Tbsp. cornstarch
- 1/2 C. water
- 1 med. onion
- 1/3 C. chopped green pepper

Trim excess fat from roast. Sprinkle roast with salt, pepper and garlic powder. Spread mustard over roast; place in a large Dutch oven. Cover and bake at 350° until meat thermometer registers 170° (about 2-1/2 hours).

Drain mandarin oranges, reserving liquid. Combine liquid and next 6 ingredients in a saucepan; cook over medium heat, stirring constantly, until smooth and thickened. Remove from heat; stir in onion, green peppers and oranges.

Spoon sauce over roast. Bake, uncovered, at 400° for 30 minutes, basting occasionally. Slice pork and serve with pan drippings.

## Pierogies

## Dough:

- 2 C. flour
- 1 tsp. salt
- 1/2 C water
- 2 eggs, beaten

Make dough and roll out on floured surface 1/4 in. thick or thinner. Cut circles 3-4 in. across. Stuff each circle with a spoonful of stuffing. Fold dough in half and crimp the edges together.

## Stuffing:

- 4 to 5 lg. boiled mashed potatoes
- 8 oz. cream cheese
- 1/2 to 1 stick of butter
- salt and pepper to taste

Whip until smooth. Drop pierogies into salted boiling water several at a time and boil for about 2 minutes or until they rise to the top. Serve hot with melted butter on top.

## Kielbasa

- 1 lb. bacon
- 1 lg. onion, sliced thin
- 1 green pepper, sliced thin
- Kielbasa or Polish sausage (1 pkg. or about 1-1/2 lb.)

Fry bacon. Drain. Brown onions in 1/2 of the bacon grease along with green pepper. Boil sausage for 15 minutes in lightly salted water. Drain well and cut into serving size; add to skillet with onions, peppers and bacon. Heat together and serve with pierogies.

Jo Kielbasa  
Riyadh

## EASY-AS-A-MIX PIZZA

SERVES 2 pizzas

- 1 pkg. dry yeast
- 1 C. warm water (110°)
- 2-1/2 C. flour
- 2 Tbsp. cooking oil
- 1 tsp. sugar
- 1 tsp. salt
- 8 oz. can tomato sauce
- 6 oz. can tomato paste

- 1      tsp. Italian seasoning
- 1      tsp. onion powder
- 1/2    tsp. garlic powder

**Toppings:**

- cooked bulk pork sausage
- sliced pepperoni, etc.
- shredded mozzarella cheese

Dissolve yeast in warm water. Stir in flour, oil, sugar, and salt; beat about 25 strokes. Cover and let rest about 5 minutes while preparing sauce. Stir together tomato sauce, tomato paste, and seasonings. Divide dough in half; with greased fingers, spread each half very thinly on a greased 15x10x1 in. jelly roll pan.\* Cover with sauce. Add toppings and cheese. Bake in 425° oven for 15-20 minutes.

\* Note: If a crisper crust is desired, crust may be prebaked for 8-10 minutes; add sauce and toppers and bake 10 minutes more.

Robin Briggs  
Riyadh

**SCOTCH EGGS**

**SERVES 8**

- 8    hard cooked eggs, peeled
- 1/4 C. all-purpose flour
- 1    lb. bulk pork sausage
- 3/4 C. dry bread crumbs
- 1/2 tsp. ground sage
- 1/4 tsp. salt
- 2    eggs, beaten
- vegetable oil

Coat each hard cooked egg with flour, divide sausage into 8 equal parts. Pat one part sausage onto each egg. Mix bread crumbs, sage and salt. Dip sausage coated eggs into beaten eggs; roll in bread crumb mixture.\* Heat oil (1-1/2 to 2 in.) in 3 qt. saucepan to 360°. Fry eggs, 4 at a time, turning occasionally, 5-6 minutes. Drain on paper towels. Serve hot or cold. Great for camping or picnics.

Janet Cumper  
KKMC-Scotland

\* May also be rolled in cracker meal.

Eleanor McGraw  
KKMC-Scotland

## BARBECUED RIBS

3-4 lb. spareribs

Sauce:

Mix all ingredients:

- 2 Tbsp. lemon juice
- 2 Tbsp. butter
- 1 clove garlic, chopped
- 1 C. catsup
- 1 C. water
- 1/3 C. brown sugar
- 1 Tbsp. worcestershire sauce
  
- 2 onions, sliced
- 2 lemons, sliced

Pour sauce over ribs: top with onions and lemons. Bake 350°.

Hint: Sauce may be used on 1 lb. franks or sausages.

Joan Wilson  
Riyadh

## MAPLE BARBECUED SPARERIBS

SERVES 4

- 1-1/2 C. maple syrup
- 2 Tbsp. chili sauce
- 2 Tbsp. cider vinegar
- 1-1/2 Tbsp. chopped onion
- 1 tsp. salt
- 1 Tbsp. worcestershire
- 1/2 tsp. dry mustard
- 1/2 tsp. pepper
- 3 lb. spareribs, cut in pieces

Preheat oven to 350°F. Combine maple syrup with all ingredients except meat. Brush sauce on both sides of ribs. Place ribs in single layer on rack in roasting pan. Roast 1-1/2 hours. Brush frequently with sauce, turning occasionally to glaze.

Gloria McClendon  
Khamis Mushayt

## SPARERIBS & SAUERKRAUT

SERVES 4

Cut up 1 lg. rib section and brown lightly on each side.

Meanwhile:

In 9x13 in. baking pan, line with 1 qt. sauerkraut and juice. Add

slightly less than 1/2 C. hot water. Add sliced green apples.

Place spareribs in baking pan; cover with tinfoil. Bake at 350° for 1-1/2 to 2 hours (check at 1 hour and every 15 minutes after that). Serve on platter.

#### ADOBONG MANOK AT BABOY

SERVES 6

(Pork and Chicken en Adobo - Philippine Style)

Preparation time: 15 minutes plus 15 minutes standing time.

Cooking time: 25 minutes

- 1 lb. lean pork, cut in 2 in. cubes
- 2-1/2 lb. chicken, cut in sm. pieces
- 5 cloves garlic, finely chopped
- 2-3 sm. bay leaves
- 4 Tbsp. (1/3 C.) vinegar, salt, pepper
- 2 Tbsp. butter or oil, if needed
- 1/2 pt. (1-1/4 C.) coconut cream (optional)

Place the pork and chicken in a casserole, with the garlic, bay leaves, vinegar, salt and pepper. Leave to stand for 15 minutes, stirring from time to time, to impregnate the meat with the seasoning. Add just enough boiling water to cover the ingredients. Cover and simmer until the water evaporates. If the pork does not render sufficient fat, add butter or oil and continue to cook until the pork and chicken are uniformly brown on all sides.

Variation: Heat the coconut cream and stir into casserole.

Serve with steamed rice.

Connie Baker  
Khamis Mushayt

#### BREAST OF CHICKEN MAGNIFIQUE

SERVES 4

- 4 whole chicken breasts, split
- 1/4 C. butter
- 2 C. sliced mushrooms (1/3 lb.)
- 2 cans cream of chicken soup
- 1 lg. clove garlic, minced
- 1 lg. dash of crushed thyme
- 1/8 tsp. crushed rosemary
- 2/3 C. cream (heavy cream)

Brown chicken in butter and remove from skillet. Brown mushrooms, stir in soup, garlic and seasonings: add chicken. Cover and cook over

low heat for 45 minutes, remove and blend in cream, heat slowly until hot. Serve over cooked white rice.

Jo Enger  
Riyadh

#### BREAST OF CHICKEN WITH PINEAPPLE      SERVES    6

- 6    boneless chicken breasts
- salt
- flour
- 1/3 C. cooking oil
- 1/4 tsp. ginger
- 1    13-1/2-oz. can pineapple chunks
- 1    jar cherries
- 1    pkg. (4 or 8 oz.) coconut

Flatten chicken breasts with cleaver or flat side of large knife. Sprinkle with salt and flour; brown lightly on both sides in hot oil in skillet. Then continue cooking until chicken is almost tender. Remove chicken from skillet and discard all but small amount of drippings. Add 1 Tbsp. flour and ginger to drippings in skillet. To syrup drained from pineapple add enough water to make 3/4 C. Stir into flour mixture in skillet. Cook over moderate heat, stirring until smooth. Return chicken to skillet along with pineapple chunks, cherries and coconut. Simmer until chicken is tender. Serve with cooked rice.

Melody Colvin  
Riyadh

#### CASHEW CHICKEN

- 3    whole chicken breasts
- 1/2 lb. edible-pods peas or 2 boxes frozen pods, partially thawed
- 1/2 lb. mushrooms
- 4    green onions
- 1    can (15 oz.) bamboo shoots, drained
- 1    Tbsp. chicken stock base dissolved in 1 C. water
- or 1 C. reg.-strength chicken broth
- 1/4 C. soy sauce
- 2    Tbsp. cornstarch
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 1/4 C. salad oil
- 1    pkg. (4 oz.) cashew nuts, unsalted

Bone chicken breasts and remove skin. Slice horizontally in 1/8 in. slices, then cut in 1 in. squares. Arrange on a tray. Remove the

ends and strings from fresh peas. Wash and slice mushrooms. Cut the green part of the onions into 1 in. lengths and then slash both ends several times making small fans; slice the white part 1/4 in. thick. Slice the bamboo shoots. Arrange all the vegetables on the tray. Pour chicken broth into small pitcher. Mix together soy sauce, cornstarch, sugar and salt; pour into a small pitcher. Place oil and nuts in containers. Arrange at the table with electric frying pan. To cook, heat 1 Tbsp. of oil over moderate heat (350°), add nuts all at once, and cook one minute, shaking pan, until lightly toasted; remove from pan and set aside. Add remaining oil to pan, add chicken, and cook quickly, turning until it turns opaque. Add peas and mushrooms; pour in broth, cover, and simmer 2 minutes. Add bamboo shoots. Stir the soy sauce mixture into the pan juices, and cook until sauce is thickened, stirring constantly, then simmer 1 minute uncovered. Mix in the green onions. Sprinkle with nuts.

Ruth Dickens  
Riyadh

#### CHICKEN WITH ALMONDS

SERVES 6-8

- 1 10-1/2-oz. can cream of chicken soup
- 1 10-1/2-oz. can cream of mushroom soup
- 1 10-1/2-oz. can cream of celery soup
- 1/2 C. melted butter
- 1/2 C. slivered almonds
- 1-1/2 C. brown rice (uncooked)
- 8 chicken breast halves
- 1/2 C. grated parmesan cheese

#### Garnish:

- 1/4 C. sauteed almonds
- parsley

1. Mix together undiluted soups and butter; set aside 1 C. of mixture.
2. Add rice and almonds to remaining soup mixture and pour into 2 qt. oblong Pyrex dish.
3. Place chicken breast halves on top of soup and rice mixture.
4. Bake in 325° oven for about 2 hours.
5. Use reserved soup mixture to baste chicken at 15-20 minute intervals.
6. Near the end of the baking, sprinkle cheese over chicken and allow to brown.

7. For serving, garnish with sauteed almonds and parsley.

Virginia Butler  
Taif

### CHICKEN BIRIANI

(Northern Indian Chicken Rice Pullao)

This is a colorful pullao with rice and green peas of mostly yellow color.

#### Ingredients for Cooking the Rice:

- 3 C. rice
- 1 C. green peas
- 1 tsp. turmeric (for yellow coloring)
- 12 C. water (potable)

Clean, wash and soak the rice for half an hour in a pot of water. Then rinse the rice and boil with green peas for 15 minutes in a pot. Add a tsp. of turmeric. Separate the rice from the water. Rinse the rice with cold water in a strainer and prepare the chicken.

#### Ingredients for Cooking the Chicken:

- 3 cloves of garlic, chopped
- 1 oz. of ginger (fresh), chopped
- 4 oz. onions, chopped
- 1 Tbsp. salt
- 1 Tbsp. paprika
- 1 Tbsp. curry powder
- 1 sm. can tomato sauce
- 3/4 C. vegetarian oil
- 20 pieces unskinned chicken

Heat the vegetarian oil in a pot. When it sizzles, fry ginger, onions and garlic in it. When they are light brown, add tomato sauce, salt, paprika, curry powder and hot water. Let it cook for 5 minutes and add 20 pieces of chicken legs, thighs and half breasts. The chicken should be unskinned. Let it cook for 15 minutes and add 1 Tbsp. of Indian garam masala. Put a layer of yellow rice at the bottom of a greased pan and on the top put the chicken and the sauce. Cover the pan with aluminum foil and bake it in a slow oven for 1 hour at 350°. At the end of the hour, chicken with rice should make your family and guests a very delicious, lovely dinner.

Eileena S. Lamba  
Riyadh

## CHICKEN CRISPY

- 1 whole chicken, cut into 2 in. pieces
- 1 clove garlic, minced
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. monosodium glutamate
- 1/2 tsp. garlic powder
- 1 egg
- flour
- oil

Toss chicken pieces in mixture of salt, pepper, MSG, garlic powder and minced garlic. Rub seasoning into pieces. Beat egg with a little water. Dip chicken in egg and then dredge in flour. Fry in hot oil until brown and crispy.

## COMPANY CHICKEN DIVAN

SERVES 6

- 2 10-oz. pkg. frozen broccoli
- 2 C. cooked chicken, cubed or sliced
- 2 10-1/2-oz. cans cream of chicken soup
- 1 C. mayonnaise
- 1 tsp. curry powder
- 2 Tbsp. sherry
- 1 tsp. lemon juice
- 3/4 C. sharp cheddar cheese, grated
- 1/2 C. soft bread crumbs
- 2 Tbsp. butter, melted

Cook broccoli, drain, and arrange in greased baking dish. Place cooked chicken sliced on top of broccoli. Combine soup, mayonnaise, curry, sherry and lemon juice. Pour over the chicken. Sprinkle the cheese over the chicken. Mix the bread crumbs with the butter and top cheese with crumbs. Bake, uncovered, for 25-30 minutes at 350° (or until bubbly).

Georgann M. Ozbolt  
Riyadh

Joan Wilson  
Riyadh-Texas

## CHICKEN FRIED RICE

- 1/2 C. chicken breast sliced thin
- 1 Tbsp. chopped onion
- 1 Tbsp. raisins

- 1 tsp. salt
- 1 tsp. curry powder
- 3 Tbsp. vegetable oil
- 2 C. cooked rice
- 1 tomato
- 1 piece of lemon or lime

Heat the frying pan, add chopped onion. Fry until light brown. Add chicken, salt, curry powder; cook for 2 minutes. Add rice. Cook for 2-3 minutes more. Add raisins. Remove from heat to serving plate. Decorate with tomato and lime.

Kyoung Jea DeSpain  
Riyadh

#### CHICKEN FRY WITH VEGETABLES AND FRIED NOODLES

- 1 lb. chicken
- 3 stalks celery
- 1 med. onion
- 1/4 head cauliflower
- 3 green onions
- 1 lg. clove of garlic
- 3 tsp. oyster sauce
- 1 pkg. chinese noodles
- 3 tsp. fish sauce
- oil
- 2-1/2 Tbsp. cornstarch
- 3 tsp. sugar
- pepper to taste
- 2 C. water

1. Skin and debone chicken and slice paper thin. Mix chicken with 3 tsp. of the cornstarch, sugar, pepper and fish sauce. Set aside.
2. Slice green onions. Lightly crush garlic then chop. Slice celery diagonally into 1/2 in. pieces, then cut onion into wedges - about 8.
3. Put 2 Tbsp. oil in the frying pan and add all the garlic and a little of green onion to the oil and fry 1 minute. Then add chicken mix and fry till lightly browned. Then add cauliflower. Cook for 2-3 minutes and add celery and onions and cook another 5 minutes. Add the rest of the green onion and 2 Tbsp. of oyster sauce and water and cornstarch and take off heat.
4. Deep fat fry noodles till crisp and lightly browned. Then cool and break apart and put on serving plates. Then re-heat chicken

mixture and spread on the noodles.

Tam Grimm  
KKMC-Vietnam

### CHICKEN PARMESAN

SERVES 2

- 2 lg. chicken breasts
- 1 C. bread crumbs
- 1/4 C. parmesan cheese, grated
- 1-1/2 tsp. parsley flakes
- dash of salt
- dash of pepper
- evaporated milk

Preheat oven to 350°. Combine bread crumbs, parmesan cheese, parsley flakes, salt and pepper. Bread chicken by dipping each piece into milk and rolling it in bread crumb mixture. Place chicken in a shallow baking pan. Sprinkle leftover crumbs over chicken. Bake uncovered until chicken is tender and crumbs are golden brown, 30-40 minutes.

Robin Briggs  
Riyadh

### CHICKEN YAEI

SERVES 6

- 6 whole boneless and skinless chicken breasts
- 4 oz. mushrooms sliced
- 1/2 med. onion chopped
- 2 Tbsp. celery chopped
- 2 sticks butter
- 1/2 C. half and half cream
- 2 oz. white wine
- 3 Tbsp. flour
- Swiss cheese
- bread crumbs

Salt and pepper chicken breasts. Roll in bread crumbs. Fry in 1 stick butter until white and tender. Set aside. For sauce, melt 1 stick butter. Saute in butter the onion and celery and mushrooms until soft. Add the cream. Stir and add the wine. Add the flour. Simmer over low heat until slightly thickened.

Place a layer of sauce in casserole. Place a layer of chicken. Place a layer of cheese. Repeat layering until all sauce, chicken and cheese is used. Bake at 425° until bubbly.

Karen Kirkman  
Riyadh

## FRIED CHICKEN DRUMSTICKS

- 8 chicken drumsticks
- 1 tsp. garlic salt
- 1 Tbsp. soy sauce
- 1/2 tsp. pepper
- 2 C. + 1 Tbsp. vegetable oil
- 1/2 C. flour
- 1 Tbsp. spring onion coarsely chopped

Marinate the drumsticks with garlic salt, pepper, and soy sauce and 1 Tbsp. oil for 2 hours. Roll drumsticks in flour. Deep fry drumsticks 4 at a time in hot oil for 3-1/2 minutes. Drain thoroughly on paper towel. Arrange on serving plate. Garnish with spring onion.

Kyoung Jea DeSpain  
Riyadh

## ITALIAN CHICKEN WITH PASTA

SERVES 4

- 1 pkg. assorted chicken pieces  
(legs, wings and thighs work best)
- 1 8-oz. can tomato sauce
- 1 sm. can tomato paste
- 2 handfuls fresh mushrooms
- 2 handfuls pitted lg. black olives
- 4 stalks celery
- 1/2 bag rigatoni pasta

Seasonings - 1 tsp. each:

oregano, garlic chips, Italian seasons, parsley, black pepper, dill, minced onion

Thaw chicken; lightly brown in pan about 7 minutes each side. Drain pan and set chicken aside. Leaving heat on medium high, pour in tomato sauce: tomato paste with 1-2 cans water; chopped mushrooms, olives, and celery; seasonings. Stir. Place chicken back in pan and cover with sauce. Bring to bubbly boil; turn down to low, cover for 40-45 minutes.

Pasta: Prepare as directed on pkg. when chicken is half done.

Serving: Pasta on plate, then chicken, cover with sauce.

\* This same recipe may be used to prepare Italian sausage - browning meat and cooking time is the same as well.

## MARINADE CHICKEN

SERVES 6

- 2 lb. chicken parts (legs and thighs are best)

**Marinade in:**

- 1 C. soy sauce
- 1/2 C. worcestershire sauce
- 1/2 C ketchup (or barbecue sauce)
- 1 Tbsp. vinegar
- 2 Tbsp. brown sugar
- 1 tsp. garlic powder
- 1 tsp. ginger powder
- 2 Tbsp. sesame oil (or Crisco oil)

In a bowl, mix all marinade ingredients together. Immerse each piece of chicken in marinade and transfer to a baking dish. Pour remaining marinade over all chicken pieces in baking dish. Marinate a minimum of 6 hours. (It's best when marinated for 24 hours in refrigerator.)

Bake, covered, at 325° for 1-1/2 hours. During last 5-10 minutes of baking, remove cover to brown chicken. Drain off marinade before serving. (It can be used as a sauce for the chicken or with accompanying rice.)

Anita Jacobs  
Al Khobar

**MEXICAN CHICKEN**

**SERVES 4-6**

- 1 chicken (fryer)
- 2 cans cream of chicken soup
- 1 can chicken broth
- 2 Tbsp. minced onion
- 2 Tbsp. chili powder
- 1 can chopped green chillies
- 1 pkg. Doritos
- grated cheddar cheese

Boil and bone chicken (saving broth). Combine cream of chicken soup, broth, minced onion, chili powder and chopped green chillies. Simmer for 15 minutes over medium heat. Line baking dish with Doritos. Pour ingredients over this and top with grated cheese. Bake in oven at 350° for approx. 30 minutes.

Joyce White  
Texas

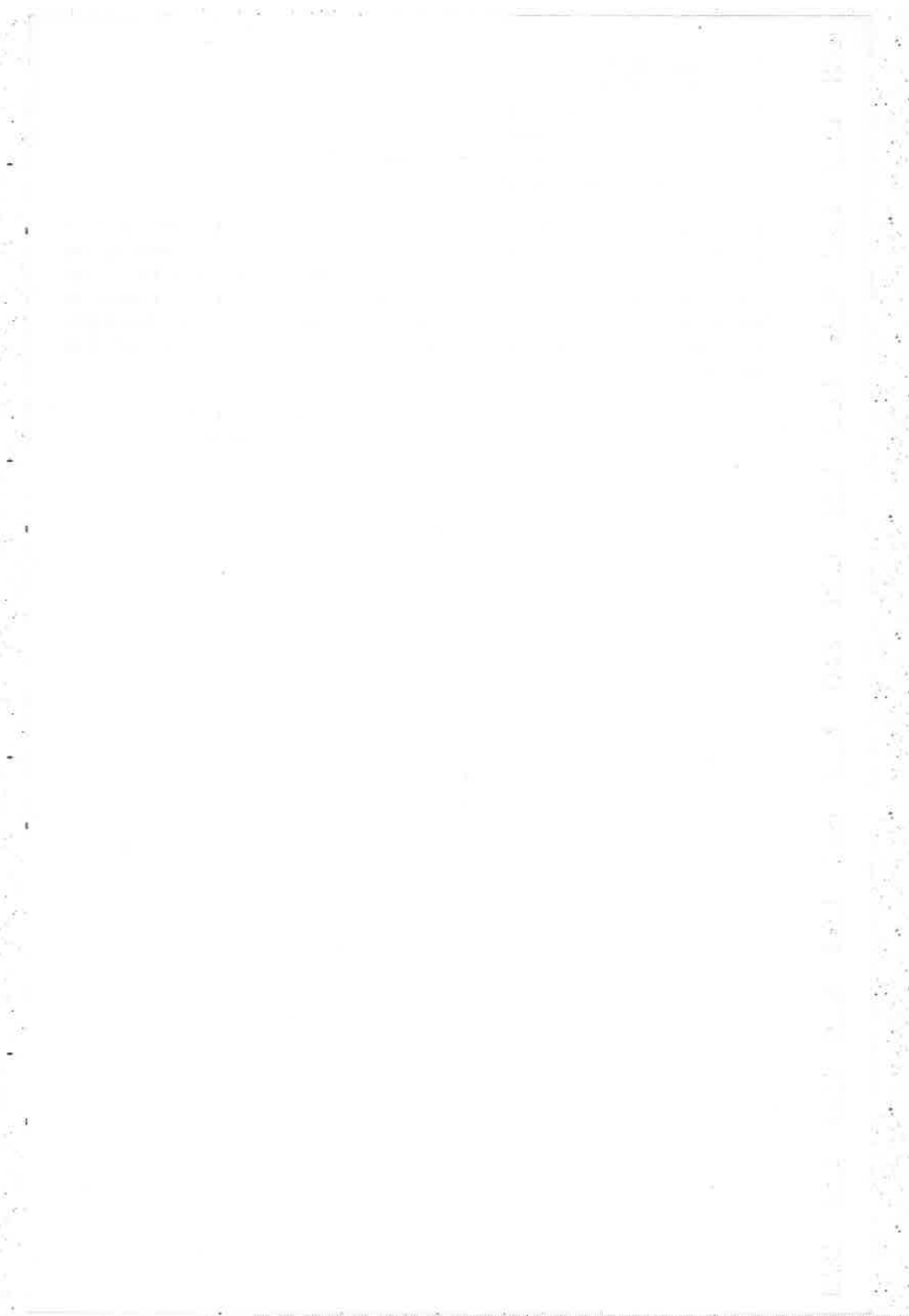
**GRANDMOTHERS TURKEY HASH ON WAFFLES      SERVES 15**

- 4 Tbsp. butter
- 1/2 C. flour
- 1 qt. turkey or chicken stock
- 1/2 Tbsp. salt

1/4 tsp. pepper  
1/2 tsp. paprika  
8 C. diced cooked turkey  
1/4 C. chopped pimento  
1/4 lb. mushrooms, fresh or canned  
1-1/2 Tbsp. chopped parsley

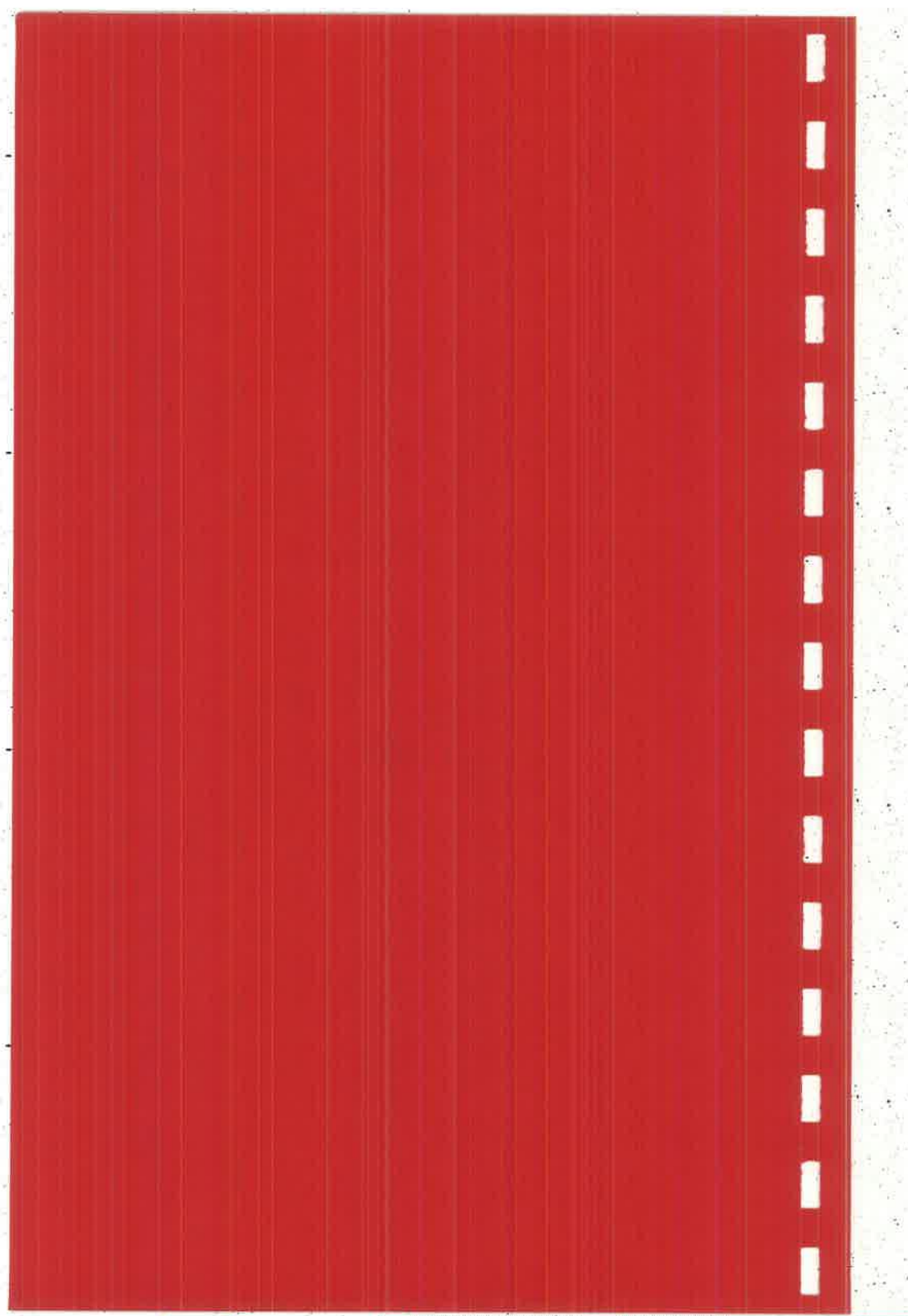
In a double boiler melt butter and slowly add flour to make a thick paste. Add turkey stock, stirring constantly to prevent lumping and cook until smooth. Season with salt, pepper and paprika. Add remaining ingredients. (If fresh mushrooms are used, prepare by sauteeing until brown in additional melted butter.) Heat thoroughly over boiling water and keep hot until ready to serve. Serve hash over waffles or patty shells.

Gloria McClendon  
Khamis Mushayt



# The Final Conflict





## APPLE KUCHEN

SERVES: 8

- 1/2 C. soft butter
- 1 pkg. yellow cake mix
- 1/2 C. coconut
- 1 egg
- 1 20-oz. can pie-sliced apples or 2-1/2 C. chopped apples
- 1/2 C. sugar
- 1 tsp. cinnamon
- 1 C. sour cream

Preheat oven to 250°. Cut butter into dry cake mix until crumbly; stir in coconut. Pat mixture lightly in an ungreased 9x13x2 in. pan, building edges up. Bake 10 minutes, arrange apples on crust. Mix sugar and cinnamon; sprinkle on fruit. Blend sour cream and egg; drizzle on fruit. Bake 25 minutes until edges are brown. Do not overbake! Serve warm or cold, with or without vanilla ice cream.

Georgann M. Ozbolt  
Riyadh

## CONGO BARS

- 1-1/2 sticks butter or oleo
- 2 C. brown sugar
- 2 eggs
- 2 C. flour
- 1/4 tsp. baking soda
- 1 tsp. salt
- 6 oz. chocolate chips
- 1/2 C. chopped walnuts
- 1 tsp. baking powder

Melt butter or oleo in saucepan over low heat. Remove from heat; add sugar and mix well. Stir in eggs, then sifted dry ingredients. Mix in chocolate chips and chopped nuts. Bake in a greased 13x9 in. pan in a 350° oven for 30-35 minutes until golden brown. Cool in pan and cut when cold.

Melody Colvin  
Riyadh

## CRUNCHY LEMON BARS

Makes 16 bars

- 1 C. uncooked quick oats
- 1 C. flour
- 1/2 C. chopped nuts
- 1/2 C. brown sugar
- 1/2 C. melted butter

- 1 14-oz. can sweetened condensed milk
- 1/2 C. lemon juice
- 1 tsp. grated lemon rind

In medium size bowl, combine oats, flour, nuts, brown sugar and melted butter. Stir with fork to form a crumbly mixture. Set aside. Next, combine condensed milk, lemon juice, and lemon rind. Pat about two-thirds of the crumb mixture into the bottom of a 9 in. square pan. Spoon condensed milk and lemon mixture over crumb mixture, then sprinkle on remaining crumb mixture. Bake at 350° for 30 minutes. Let cool before cutting and store in refrigerator.

## TWO LAYER BARS

### Crust:

- 1/2 C. butter
- 1/2 C. peanut butter
- 2/3 C brown sugar
- 2 Tbsp. water
- 1 C. flour
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 C. quick-cook oatmeal
- 1/2 C. chocolate chips

Mix together all ingredients and press into a greased 13x9x2 in. pan. Bake at 350° for about 15 minutes.

### Topping:

- 2 eggs
- 1 tsp. vanilla
- 3/4 C. brown sugar
- 3 Tbsp. flour
- 1/4 tsp. salt
- 1 tsp. baking powder
- 1/3 C. coconut

Blend together all ingredients. Spoon over baked crust. Bake at 350° for 15 minutes, then cover with foil and bake for 10-15 more minutes.

Michelle Steidl  
Riyadh

## BEST BROWNIES

- 1 12-oz. pkg. chocolate chips
- 1/2 lb. butter or margarine

- 4 eggs
- 1 C. sugar
- 1 tsp. vanilla
- 1 C. all-purpose flour

Preheat oven to 350°. Butter a 9x13 in. pan. Melt chocolate chips and butter or margarine together in the top of a double boiler, or over low heat in a heavy-bottomed saucepan. Stir until smooth. Allow to cool slightly.

In a large bowl, beat eggs with an electric mixer or by hand. Add sugar and vanilla and continue to beat until smooth, about 2 minutes. Add the chocolate mixture to egg mixture; add flour and stir well.

Pour batter into prepared pan. Bake 20-25 minutes, according to whether you prefer them soft or cake-like. Allow to cool slightly; cut into squares.

Variation: Add 1 C. chopped walnuts before baking.

Sue Westerberg  
Riyadh

#### BLONDE BROWNIES

Makes approx. 30 bars

- 1 stick butter or margarine
- 1 C. brown sugar
- 3 eggs
- 1 2-layer box yellow cake mix
- 1 C. oatmeal
- 1 tsp. vanilla
- 1/2 C. coconut
- 1 6-oz. pkg. chocolate chips
- 1/2 C. nuts

Melt the butter and sugar over low heat, cool. Add eggs and mix well. Add all at once the remaining ingredients and blend thoroughly. Bake in a greased 9x13x2 in. pan for 25 minutes at 350°. Cool and cut into bars. Makes about 30 bars.

Pat Lewis  
KKMC

#### DELUXE BROWNIES

- 1/4 lb. butter or margarine
- 1 C. sugar
- 4 eggs
- 1 tsp. vanilla

- 1 can Hershey's chocolate syrup (16 oz.)
- 1 C. flour
- 1/2 tsp. baking powder
- 1/2 C. chopped nuts

Beat the first four ingredients together. Mix the last four ingredients well. Use a pan 13x9x2 in. Bake at 350° for 25-30 minutes. Frost while warm.

#### Frosting:

- 6 Tbsp. butter
- 6 Tbsp. milk
- 1-1/2 C. sugar

Bring to a boil. Boil for 30 seconds, no longer. Remove from heat and add 1/2 C. of chocolate chips. Beat till melted and frost at once.

Marcella Hernandez  
Riyadh

#### MICROWAVE DOUBLE CHOCOLATE BROWNIES      SERVES 16

- 1/2 C. butter or margarine
- 2 oz. unsweetened baking chocolate
- 2 eggs
- 3/4 C. sugar (granulated)
- 1/2 C. all-purpose flour
- 1 tsp. baking powder
- 1 tsp. vanilla
- 1/2 to 1 C. chocolate chips
- 1 C. chopped nuts (optional)
- powdered sugar

In 2 C. glass measure, cook butter and chocolate on Hi (maximum power setting) for 1-1/2 minutes, or until butter is melted. Chocolate will not appear melted until stirred. Beat eggs in large bowl until light and foamy. Stir in chocolate mixture, granulated sugar, flour, baking powder, and vanilla. Stir in chocolate chips and nuts. Pour into 9 in. micro-proof baking dish. Cook on Hi (maximum power setting) for 6 minutes. Brownies will still be moist but will firm as they cool. Sift powdered sugar over top of brownies. Cool before cutting.

Kay Faglie  
Riyadh

#### CHERRY FLUFF

- 25 lg. marshmallows
- 1/2 C. milk

- 1 C. heavy cream whipped
- 1 C. fine graham cracker crumbs
- 3 Tbsp. finely chopped nuts
- 3 Tbsp. butter, melted
- 1 21-oz. can cherry pie filling

Melt marshmallows in milk over low heat and cool. Fold in whipped cream. Mix next 3 ingredients in 9 in. square pan and press firmly. Spread carefully with marshmallow mixture and top with pie filling. Chill 12 hours.

Mildred H. Karicofe  
Virginia

## CREAM PUFFS

Bring to boil in saucepan 1 C. water and 1/2 C. butter (butter works out better than margarine). Stir in 1 C. sifted flour. Stir over low heat until mixture forms a ball (about 1 minute); remove from heat. Beat in 4 eggs, one at a time. Beat mixture until smooth and velvety. Drop from spoon onto ungreased baking sheet. Bake at 400° until dry - about 45-50 minutes.

When you take them out of the oven, make two small slashes at the tops to let out the steam. After they cool a bit, cut off the tops and hollow out. (Use spoon or fingers - gently!)

Cream: Use 2-1/2 pt. size whipping cream; whip with electric mixer; add granulated sugar and vanilla flavoring to taste. (You can use Cool Whip but homemade is a lot better.) Fill shells with cream.

\* Holiday Ideas: Use food coloring to dye cream appropriate colors.

## DENVER CRUNCH

- 2 C. flour
- 1 C. chopped pecans
- 1/2 C. brown sugar
- 1 C. margarine or butter

Mix until crumbly. Press into 9x13 in. pan. Bake 350° until brown, about 20-25 minutes. Cool and crumble. Save 1 C. for top and put remainder back in 9x13 in. pan.

Beat - 2 pkg. dream whip according to directions and set aside

- Beat - 1 3-oz. pkg. cream cheese
- 1 8-oz. pkg. cream cheese
- 1 C. powdered sugar

Add cream cheese mixture to dream whip. Spread on crumble mixture. Refrigerate 3-5 hours and then spread on 2 cans cherry pie filling (blueberry pie filling may also be used).

Mary Ellen Smith  
Riyadh

#### FRENCH VANILLA DESSERT

SERVES 10-15

- 1 C. nuts, chopped
- 1/2 C. brown sugar
- 2 C. flour
- 1 C. margarine, softened
- 8 oz. cream cheese
- 1 C. confectioners sugar
- 12 oz. Cool Whip
- 2 pkg. French Vanilla instant pudding (4 serving size)
- 3 C. milk
- semi-sweet chocolate, grated

Mix nuts, brown sugar, flour and margarine. Spread in a 9x13 in. pan; bake at 350° for 15 minutes. Cool. Cream together cream cheese and confectioners sugar. Fold in 1 C. Cool Whip; spread over cooled crust. Mix pudding and milk; pour over cheese mixture. Let set. Use remainder of Cool Whip on top and sprinkle grated chocolate over the top. Refrigerate.

Robin Briggs  
Riyadh

#### MINNESOTA LEMON SQUARES

SERVES 16-20

##### Crust:

- 1/2 C. soft butter
- 1 C. flour
- 1/4 C. powdered sugar
- 1/4 tsp. salt

Mix together and pat into a 9 in. square pan. Bake at 350° for 20-25 minutes.

##### Topping:

- 2 eggs
- 1 C. sugar
- 1/2 tsp. baking powder
- 2 Tbsp. flour
- 1/4 C. freshly squeezed lemon juice

Mix all ingredients together and spread over the baked crust. Bake at 350° for about 20 minutes, till light brown. Cut while still warm; sprinkle with powdered sugar and serve warm.

Sue Westerberg  
Riyadh

#### MOCK CHEESE BLINTZES

SERVES 100 blintzes

- 2 24-oz. loaves white bread
- 2 8-oz. pkg. cream cheese, softened
- 2 egg yolks
- 1/2 C. sugar
- 2 sticks melted margarine
- 1 C. sugar
- 1 tsp. cinnamon

Trim crusts from bread and roll flat with rolling pin. Beat cream cheese, egg yolk and 1/2 C. sugar until smooth. Spread this mixture on each bread slice and roll up jelly roll fashion. Dip each roll in melted margarine and roll in cinnamon sugar. Cut blintzes in half and place seam side down on cookie sheet. Bake at 350° for 15 minutes. Blintzes can also be frozen (uncooked and stored for later usage. Thaw before baking.

Jo Schroder  
Riyadh

#### PUMPKIN PIE DESSERT SQUARES

- 1 pkg. yellow cake mix
- 1/2 C. butter or margarine, melted
- 1 egg

##### Filling:

- 3 C. (1 lb. 14 oz. can) pumpkin pie mix
- 2 eggs
- 2/3 C. milk

##### Topping:

- 1 C. reserved cake mix
- 1/4 C. sugar
- 1 tsp. cinnamon
- 1/4 C. butter or margarine

Grease bottom only of 13x9 in. pan. Reserve 1 C. cake mix for topping. Combine remaining cake mix, butter and egg. Press into pan. Prepare filling by combining all ingredients until smooth. Pour over crust. For topping, combine all ingredients. Sprinkle over

filling.

Bake at 350° for 45-50 minutes until knife inserted near center comes out clean. If desired, serve with whipped cream.

Vicki Brecht  
Riyadh

#### STRAWBERRY CREAM SQUARES

SERVES 9

- 2 3-oz. pkg. strawberry flavored gelatine
- 2 10-oz. pkg. frozen strawberries
- 1 13-1/2-oz. can crushed pineapple, drained
- 2 lg. ripe bananas
- 1 C. dairy sour cream

Dissolve gelatine in 2 C. boiling water. Add frozen strawberries; stir occasionally until thawed. Add drained pineapple and bananas; finely diced. Pour half gelatine mixture into a 8x8x2 in. pan. Chill until firm. Spread evenly with 1 C. sour cream. Pour remaining gelatine atop and chill until firm. Cut into 9 squares.

Vicki Brecht  
Riyadh

#### FRESH APPLE CAKE

- 1 C. cooking oil
- 2 C. sugar
- 3 eggs, well beaten
- 2-1/2 C. all-purpose flour
- 1 tsp. salt
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. vanilla extract
- 4 C. chopped, peeled, delicious apples
- 1 C. chopped pecans (optional)

Combine oil, sugar and vanilla, mix on low speed until creamy. Beat in eggs. Sift together dry ingredients and gradually add to egg mixture using medium to high speed on mixer. Fold in apples and pecans. Bake in lightly greased and floured 13 x 9 in. pan at 325°F for 55 minutes or until fork inserted into the middle of the cake comes out clean.

Melanie Lowe  
Riyadh

## FRESH APPLE CAKE

- 1 egg
- 1 C. granulated sugar
- 1 stick oleo
- 1 tsp. baking soda
- 1 C. chopped apples
- 1 C. chopped pecans
- 1 C. flour
- 1 tsp. vanilla

Bake 350° for 35-40 minutes. Use a deep pan — approximately 12 x 12 in.

### Icing:

- 1 stick oleo
- 1 C. light brown sugar
- 1/4 C. canned milk

Mix all ingredients. Bring to boil. Boil 2-1/2 minutes. Spread over cake while both are hot.

HINT: Cake texture similar to brownies. If in a hurry, there's no need to use icing. The cake alone is delicious.

Joan Wilson  
Riyadh

## BASBOUSA

Oven temperature 180°C (350°F)

Cooking time 30 minutes

- 1/2 C. butter, preferably unsalted
- 3/4 C. caster sugar
- 1 tsp. vanilla essence
- 2 eggs
- 2 C. fine semolina (farina)
- 1 tsp. baking powder
- 1/2 tsp. bicarbonate of soda
- 3/4 C. yogurt
- blanched split almonds

### Syrup:

- 2 C. sugar
- 1-1/2 C. water
- 1 Tbsp. lemon juice

1. Cream butter, sugar and vanilla essence until light and fluffy.

Add eggs one at a time and beat well.

2. Sift semolina, baking powder and soda twice. Fold into butter mixture alternately with yogurt.
3. Spread batter into a greased 20x30 cm (8x12 in.) slab cake pan and place almonds on top in rows (4 across and 6 down). Arrange evenly so that when cake is cut, an almond will be centered on each piece.
4. Bake in a moderate oven for 30-35 minutes until cake is cooked when tested.
5. While cake cooks, make syrup. Dissolve sugar in water over medium heat, and add lemon juice and bring to a boil. Boil rapidly for 10 minutes, then cool by standing pan in cold water.
6. When cake is cooked, spoon cooled syrup over the hot cake. Cool thoroughly and cut into diamond shapes or squares to serve. Ushra or thick whipped cream may be served with basbousa.

#### Second Syrup:

- 1-1/2 C. water
- 2 C. sugar
- 2 Tbsp. fresh lemon juice
- 1/4 tsp. bottled rose water

First prepare the syrup in the following fashion: Combine 1-1/2 C. water, 2 C. of sugar and the lemon juice in a small saucepan. Stirring constantly, cook over moderate heat until the sugar dissolves. Increase the heat to high and cook briskly, uncovered and undisturbed, for 10 minutes (timing it from the moment the syrup boils), or until the syrup reaches a temperature of 220° on a candy thermometer. Remove the pan from the heat, stir in the rose water and set the syrup aside to cool.

Narges Antoon  
KKMC-Egypt

#### GOOEY BUTTER CAKE

- 1 stick oleo melted
- 2 eggs, beaten
- 1 box yellow cake mix (chocolate may also be used)

Mix together and spread in large cake pan (grease and flour).

#### Topping:

- 1 stick oleo, melted

- 3 eggs, beaten
- 1 8-oz. Philadelphia Cream Cheese, room temperature
- 1 box powdered sugar

Beat topping together and spread over cake mixture in pan. May add pecans on top. Bake 350° for 45 minutes. Do not overbake. Sprinkle with powdered sugar.

Mary Ellen Smith  
Riyadh

#### CARROT CAKE

- 2 C. sifted flour
- 2 tsp. baking powder
- 1-1/2 tsp. baking soda
- 1-1/2 tsp. salt
- 2 tsp. cinnamon
- 2 C. white sugar\*
- 1-1/2 C. salad oil
- 4 eggs
- 2 C. finely grated carrots
- 1 8-oz. can crushed pineapple, drained
- 1/2 C. chopped walnuts or pecans
- 1 3-1/2-oz. pkg. flaked coconut

Sift together first five ingredients. Add sugar, salad oil and eggs. Mix well. Add carrots, pineapple, nuts and coconut. Blend thoroughly. Pour into 3 9-in. round layer pans, greased and floured. Bake at 350°F 35-40 minutes. Cool thoroughly on racks; fill and frost with cream cheese frosting. If you prefer, the cake can be baked in a Bundt pan.

\* I use half the amount and usually mixed with brown sugar or honey.

#### CREAM CHEESE FROSTING

- 1/2 C. butter
- 1 8-oz. pkg. cream cheese
- 1 tsp. vanilla
- 1 lb. icing sugar, sifted

Combine butter, cheese and vanilla. Cream well. Add icing sugar gradually, beating well. If too thick to spread, add a small amount of milk.

(This cake is very moist and will keep 2-3 weeks in the refrigerator.)

Lynn Decaire  
Riyadh

## CARROT CAKE

- 2 C. sugar
- 1 C. salad oil
- 4 eggs
- 1 tsp. soda
- 1 tsp. salt
- 2 tsp. baking powder
- 1 tsp. cinnamon
- 2 tsp. vanilla
- 3 C. grated raw carrots
- 2 C. flour
- 1 C. (or more) chopped walnuts

Mix together and bake in large 9x13 in. pan, greased and floured, at 350° for 45 minutes. Frost with cream cheese frosting.

### Cream Cheese Frosting

- 1 6-oz. pkg. cream cheese, softened
- 1/2 C. melted shortening
- 1 lb. powdered sugar
- 1 tsp. vanilla
- little less than 1/4 tsp. salt

Terry Toedter  
Riyadh

### Alternate Icing:

- 1 C. sugar
- 1 tsp. white karo syrup
- 1/2 tsp. vanilla
- 1/2 tsp. soda
- 1/2 C. buttermilk
- 1 tsp. vinegar

Mix in pan; bring to a boil and boil 3-4 minutes. Pour over cake while both are still hot.

Diane Osmundson  
Riyadh

## CARROT-WALNUT CAKE

SERVES 12

- 2 C. unsifted all-purpose flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/2 tsp. nutmeg
- 1/2 tsp. salt

- 1 lb. carrots
  - 1 C. butter or reg. margarine softened
  - 1 C. light brown sugar packed
  - 1 C. granulated sugar
  - 4 eggs
  - 2 Tbsp. grated lemon peel
  - 2 Tbsp. grated orange peel
  - 2 Tbsp. lemon juice
  - 2 Tbsp. orange juice
  - 1 C. coarsely chopped walnuts
  - 1 C. seedless raisins
1. Lightly grease and flour a 10 C. tube pan. Sift flour with baking powder, soda, cinnamon, nutmeg and salt; set aside. Wash and pare carrots; grate on medium grater, or use coarse blade of food processor. Should measure 4 C. Preheat oven to 350°F.
  2. In large bowl, mix at high speed, butter and brown and granulated sugars, occasionally scraping side of bowl with rubber scraper, until light and fluffy – about 4 minutes. Add eggs, one at a time, beat well after each addition until smooth and light.
  3. In measuring, combine lemon and orange peels and juices. At low speed, beat in flour mixture (in fourths), alternately with lemon–orange mixture (in thirds), beginning and ending with flour mixture. Beat until smooth –about 1 minute.
  4. With wooden spoon, stir in grated carrot, nuts and raisins; mix well. Turn into prepared tube pan; spread evenly. Bake 60 minutes or until done. Cool in pan or wire rack 20 minutes.
  5. Meanwhile, make cream–cheese glaze. In medium bowl, combine cream cheese, lemon juice, lemon peel and confectioners sugar. With portable mixer, at medium speed, beat mixture until smooth. Set aside. Spread glaze over top of the warm cake, letting it run down side of cake. Sprinkle chopped walnuts around top edge. (Keeps well in covered cake container.)

#### Cream–Cheese Glaze

- 1 pkg. (8 oz.) cream cheese softened
- 1 Tbsp. lemon juice
- 1 tsp. grated lemon peel
- 1–1/2 C. confectioners sugar
- 1/2 C. coarsely chopped walnuts

Jeannette L. Shoun  
Riyadh

#### CHAMPAGNE CAKE

- 1 pkg. instant vanilla pudding

- 1-1/3 C. milk
- 1 8-oz. pkg. cream cheese, softened
- 1 box yellow cake mix
- 1 20-oz. can crushed pineapple, drained
- Cool Whip

Mix cake as directed on pkg., baking in a greased 9x13 in. baking pan.

Mix together pudding, milk and cream cheese and spread on cooled cake.

Next, spread the drained pineapple on cake and top with layer of Cool Whip.

Keep refrigerated.

Vicki Brecht  
Riyadh

#### CHEESE CAKE

- 1 C. fine graham cracker crumbs
- 1/4 C. sugar
- 6 Tbsp. butter or margarine, melted
- 4 pkg. (3 oz. ea.) cream cheese, softened
- 2 C. cold milk
- 2 Tbsp. sugar
- 2 tsp. vanilla
- 1 pkg. (3-3/4 oz.) Jell-O lemon or vanilla instant pudding and pie filling

Combine crumbs, 1/4 C. sugar and butter; press firmly on bottom and sides of 8 in. square or 9 in. pie pan. Chill while preparing filling.

Beat cream cheese until very soft. Blend in 1/2 C. milk. Add remaining milk, 2 Tbsp. sugar, the vanilla and pie filling mix; beat as directed on pkg. for pie. Pour into crust. Chill until firm - at least 2 hours.

Garnish with dollops of Dream Whip and strawberries, or 1 cup cherry or pineapple pie filling. For ease in serving, dip pie pan in warm water for a few seconds: cut and serve.

Vicki Brecht  
Riyadh

#### CHOCOLATE CHERRY CAKE

- 1 pkg. fudge cake mix

- 1 21-oz. can cherry pie filling
- 1 tsp. almond extract
- 2 eggs, beaten

Frosting:

- 1 C. sugar
- 5 Tbsp. butter or margarine
- 1/3 C. milk
- 6 oz. pkg. (1 C.) semisweet chocolate pieces

Preheat oven to 350°. Using solid shortening or margarine (not oil) grease 13x9 in. pan. In large bowl combine cake mix, pie filling, almond extract and eggs. By hand, stir until well mixed. Pour into prepared pan. Bake 25-30 minutes or until toothpick inserted into center comes out clean.

In small saucepan combine sugar, butter and milk. Boil, stirring constantly, for 1 minute. Remove from heat; stir in chocolate pieces until smooth. Pour over cake.

Sue Daniel  
Riyadh

CREME DE MENTHE CHEESECAKE

SERVES 8-10

- 1-1/2 C. graham cracker crumbs
- 1 tsp. ground cinnamon
- 1/3 C. butter, melted
- 3 1-oz. squares semisweet chocolate
- 3 eggs
- 2/3 C. sugar
- 1 8-oz. pkg. cream cheese, softened
- 1 C. whipping cream
- 3 Tbsp. creme de menthe
- 1/4 C. plus 1 Tbsp. all-purpose flour
- 1/8 tsp. baking soda
- 1/8 tsp. salt
- additional whipped cream
- chocolate curls

Combine first 3 ingredients, mixing well. Firmly press mixture into a 9 in. springform pan; chill.

Melt chocolate squares over hot water in top of a double boiler. Set aside.

Combine eggs and sugar; beat at medium speed of mixer until thick and lemon colored.

Beat cream cheese until smooth; gradually add 1 C. whipping cream, and

beat well. Stir in melted chocolate, mixing well. Add egg mixture and creme de menthe; stir until blended.

Combine flour, baking soda, and salt; stir well, and add to cream cheese mixture; mix well. Pour batter into graham cracker crust. Bake at 300° for 1 hour. Turn oven off and allow cheesecake to cool in oven for 1 hour. Chill cake several hours.

Tint whipped cream with a couple of drops of green food coloring, if desired. Pipe whipped cream in a decorative design around base and on top of cake. Garnish with chocolate curls.

Bonnie Benton  
Riyadh

#### INDIVIDUAL CHEESE CAKES

SERVES 32

- 3 8-oz. pkg. cream cheese, at room temp.
- 4 eggs
- 1 pt. sour cream
- vanilla wafers
- 1 C. sugar
- 1 tsp. vanilla

Beat cream cheese, add rest of ingredients, beating after each one. Put foil cups into muffin tins. Place a vanilla wafer in the bottom of each cup. Pour cheese mixture over wafers. Bake 30-35 minutes at 350°. Cool, then the insides will drop in a little. Put any kind of filling on top. Cherry is an excellent filling.

Chris Larsen  
Minnesota

Ann Bogaczyk  
Riyadh

#### P.J.'S BOTTOMLESS ITALIAN CHEESECAKE

- 2 15-oz. containers ricotta cheese
- 1/2 C. sugar
- 4 eggs, lightly beaten
- 1 Tbsp. cornstarch
- 1 tsp. almond extract
- 1 8-oz. container heavy cream
- 1/3 C. finely chopped almonds\*

Preheat oven to 325°F. In lg. mixing bowl, beat ricotta and sugar until fluffy. Add eggs, cornstarch and almond extract. Add cream and almonds. Bake in well greased 9 in. springform pan until golden

brown (at least 1 hour 20 minutes). Prop oven door open and let cool to room temperature. Refrigerate several hours or overnight. Remove sides of pan; slice using dental floss.

\* In tiny Osterizer blender container, grind 4 cycles, (2 seconds each); ground almonds are also available from some food catalogs.

P. Johanna deDeugd  
Riyadh

## COCONUT CAKE

- 1 C. shortening
- 2 C. sugar
- 4 eggs
- 3 C. sifted cake flour
- 2-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 C. milk
- 1 tsp. almond extract
- 1 tsp. vanilla extract
- lemon-orange filling
- white frosting
- sm. coconut, grated (frozen or pkg. can be used)

Cream shortening, gradually add sugar, beating until fluffy. Add eggs one at a time, beating well after each time. Combine flour, baking powder, and salt; add to cream mixture alternately with milk, mix well after each addition. Stir in flavor. Pour batter into 3 greased and floured cake pans. Bake at 375° for 20-25 minutes. Cool 10 minutes and remove from pans, let cool completely. Spread orange-lemon filling between cooled layers and frost with divinity icing and sprinkle with coconut.

## Lemon-Orange Filling

- 1/2 C. cake flour
- 1 C. sugar
- 1/4 tsp. salt
- 1/4 C. water
- 2 Tbsp. grated orange rind
- 2 Tbsp. grated lemon rind
- 1-1/4 C. orange juice
- 1/4 C. lemon
- 4 egg yolks, well beaten

All orange rind and juice can be used in lieu of mixture of orange and lemon.

Combine flour, sugar, salt and water in heavy saucepan, mix well.

Stir in juice and rind. Cook over medium heat, until mixture boils. Gradually stir about 1/4 of hot mixture into beaten yolks. Add to remaining mixture, stirring constantly. Return to a boil, cook couple of minutes, stirring constantly. Let cool completely. Mixture is thick.

#### Frosting:

1-1/2 C. sugar  
1/2 tsp. cream tartar  
1/8 tsp. salt  
1/2 C. hot water  
4 egg whites  
1/2 tsp. almond extract  
1/2 tsp. coconut extract

Combine sugar, cream of tartar, salt and water in pan. Cook over medium heat, stirring constantly until clear. Cook without stirring until candy thermometer reaches 240° (soft ball stage). Beat egg whites till peaks form. Keep beating slowly, adding syrup. Add flavor and continue beating until frosting reaches spreading consistency.

Helen Allen  
Riyadh

#### FLOWER GARDEN CAKE

1 baked Angel Food cake  
3/4 C. sugar  
3/4 C. lemon juice  
6 egg yolks  
grated rind of 2 lemons  
2 envelopes plain gelatin  
1/2 C. water  
6 egg whites  
3/4 C. sugar  
1 12-oz. Cool Whip  
maraschino cherries

Tear angel cake into small pieces. Set aside.

Make custard of 3/4 C. sugar, egg yolks, lemon juice and rind. Cook only until mixture coats a spoon. Dissolve gelatin in water; add to custard. Set aside.

Beat egg whites until stiff; add 3/4 C. sugar, gradually. Fold custard into egg whites. Add cake pieces to mixture, stirring only enough to mix thoroughly. Pour into oiled tube pan, 9 or 10 in., or Bundt pan.

Chill overnight. One hour before serving, shake out of pan. Frost with Cool Whip; decorate with cut up cherries.

Judy McDaniel  
Riyadh

### JEANNETTE'S FRUITCAKE

- 3 C. sifted all-purpose flour (sift before measuring)
- 2 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. salt
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground allspice
- 1/2 tsp. ground cloves
- 2 C. dark raisins
- 2 C. white raisins
- 3 C. maraschino cherries cut in half and drained (3 16-oz. jars)
- 3 C. nuts of your choice (pecan halves, walnut halves, silvered almonds)
- 1 8-oz. pkg. pitted dates
- 4 lg. eggs (or 5 sm.)
- 1-3/4 C. brown sugar
- 1 C. orange juice
- 3/4 C. butter melted and cooled to room temperature
- 1/4 C. light molasses

1. In medium mixing bowl blend sifted flour, baking powder, cinnamon, salt, nutmeg, allspice, and cloves. Sift into large mixing bowl.

2. Add raisins, cherries, and nuts. Mix till fruit and nuts are well coated. Preheat oven to 325°F.

3. In blender combine orange juice and dates; grind dates thoroughly. Mixture will be thick.

4. In another mixing bowl beat eggs till foamy. Gradually add brown sugar, beating till well combined. Blend in orange juice/date mixture, butter and light molasses. Add to fruit mixture; stir till well combined.

5. Grease and flour a 12 cup tube pan. Turn batter into prepared pan and bake 1-3/4 - 2 hours. Cover pan with foil after it has cooked 1 hour.

6. Cool in pan thoroughly; turn out of pan and finish as desired.

Fruitcake pointers:

1. Make fruitcakes 3-4 weeks ahead for a blended flavor.

2. Cool fruitcake in pans, then turn out. This will prevent drying out.
3. Store cakes in foil, clear plastic wrap, or airtight container. Keep in cool place.
4. Finish fruitcake in any of the following ways:
  - \* Glaze with 1 C. melted apple jelly applied with basting brush. Requires approx. 20 minutes to apply.
  - \* Glaze with 1 C. apricot jam and 1/3 C. brandy heated and strained. Brush on half of the mixture then decorate with dried apricots and nut halves and glaze again. Allow glaze to harden before storing.
  - \* Wrap cake in brandy, wine, or fruit juice-soaked cloth and store. (Cakes wrapped in juice-soaked cloth require refrigeration.) Moisten cloth once a week.
5. For thin slices, chill before cutting.

Jeannette L. Shoun  
Riyadh

#### NO-BAKE FRUITCAKE

Makes 1 8-in. loaf

- 1 13-1/2-oz. pkg. Nabisco graham cracker crumbs
- 2 tsp. grated orange rind
- 1 tsp. grated lemon rind
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground cloves
- 1/8 tsp. ground allspice
- 1/8 tsp. ground ginger
- 1 8-oz. pkg. Dromedary chopped dates
- 1 8-oz. jar mixed candied fruit
- 1 C. chopped walnuts
- 1 C. golden seedless raisins
- 1/2 C. orange juice
- 1/2 C. honey
- 2 Tbsp. lemon juice

In large bowl thoroughly combine first 7 ingredients; then stir in next 4 ingredients, blending well. Beat together remaining ingredients; add to graham mixture and blend thoroughly. Pack firmly into 8-1/2 x 4-1/2 x 2-1/2 in. aluminum foil pan.\* Cover and refrigerate at least 2 days. Let stand about 2 hours at room temperature before serving.

\* May be rolled in waxed paper. This will make 2 rolls about 12

in. long and about 2-1/4 in. diameter.

Charlotte Foley  
Riyadh

#### FRUIT COCKTAIL CAKE

- 1-1/2 C. sugar
- 2 C. flour
- 2 eggs
- 1 can fruit cocktail (17 oz.)
- 1/4 tsp. salt
- 1 tsp. soda

Mix the above ingredients well and bake at 325°F for 45 minutes.

#### Frosting:

- 1 can condensed milk (13 oz.)
- 5 Tbsp. butter or margarine
- 1 Tbsp. vanilla
- 1 C. sugar
- 1/2 C. coconut
- 1/2 C. pecans (optional)

Mix first 4 ingredients in a pan and let cook for 10 minutes over medium heat, then add coconut and pecans and pour over the cake.

Nigar Qazi  
Riyadh

#### RICH GINGER CAKE

- 4 oz. butter
- 4 oz. soft brown sugar
- 2 eggs
- 8 oz. plain flour
- 1 C. molasses
- 2 oz. preserved ginger
- 2 oz. sultana raisins
- 1 tsp. ground ginger
- 5 Tbsp. milk
- 1/2 tsp. baking soda
- 8 oz. loaf tin greased

Preheat oven to 350°. Cream butter and sugar until light. Sift flour, ginger and pinch of salt. Beat in eggs one at a time; sprinkling each egg with Tbsp. of flour. Stir in molasses and saltanas and remaining flour. Warm the milk till tepid. Add soda to milk. Stir into

mixture. Put into loaf tin. Bake 1-1/2 hours. Cool for few minutes in tin and turn out. Cake improves with age if kept in air tight tin.

Dr. Anne Dimmer  
KKMC-England

### ITALIAN CREAM CAKE

- 1 stick butter
- 1/2 C. vegetable shortening
- 2 C. sugar
- 5 eggs, separated
- 2 C. plain flour
- 1 tsp. baking soda
- 1 C. buttermilk
- 1 tsp. vanilla
- 1 C. coconut
- 3/4 C. chopped nuts

#### Filling:

- 8 oz. cream cheese
- 1 stick butter
- 1 tsp. vanilla
- 1 box powdered sugar
- 3/4 C. chopped pecans

Cream butter, shortening and sugar until smooth. Add egg yolks. Sift flour and soda and add to sugar. Add buttermilk and beat well. Add vanilla, nuts and coconut. Fold in stiffly beaten egg whites. Pour into 3 layer pans and bake at 350° for 25 minutes.

For filling, blend all except the pecans until smooth and creamy. Fold in the pecans. Fill between layers only.

Karen Kirkman  
Riyadh

### MILKY WONDER CAKE

Made with "Milky Way" Bars

- 6 "Milky Way" bars
- 1/2 C. butter or margarine

Combine "Milky Way" bars and butter or margarine in medium saucepan and melt over low heat. While candy is melting, prepare batter.

- 1/2 C. butter or margarine
- 2 C. sugar

- 4 eggs
- 2-1/2 C. sifted flour
- 1/2 tsp. baking soda
- 1 C. buttermilk
- 1 tsp. vanilla extract
- 1 C. chopped nuts

Cream 1/2 C. butter or margarine and sugar until mixture is light and fluffy. Add eggs, one at a time, beating well after each addition. Add flour and baking soda alternately with buttermilk, stirring until smooth. Add melted candy, mixing well. Stir in vanilla extract and nuts. Pour batter into greased and floured Bundt or 10 in. tube pan. Bake at 350°F 1 hour and 20 minutes, or until done when tested with wooden pick. Remove from oven. Cool a few minutes and remove from pan.

Lillian Greer  
Riyadh

#### MISSISSIPPI MUD CAKE

Cream together:

- 1 C. butter (or oleo)
- 2 C. sugar
- 1/2 C. cocoa

Beat in:

- 4 eggs
- 1 tsp. vanilla

Gradually add 1-1/2 C. flour, stir well.

Fold in (optional):

- 1-1/2 C. chopped pecans or walnuts
- 1-1/2 C. coconut

Pour into greased and floured pan 13x9 in. Bake at 350° for 40 minutes. Remove from oven and spoon on 7 oz. jar of marshmallow creme. Return to oven for 5 minutes, then take out and let cool.

Frosting - Cream together:

- 1/2 C. butter
- 3-1/2 C. confectioners sugar
- 1/2 C. cocoa
- 1 tsp. vanilla
- 1/4 C. milk

Frost after cake is cool.

Velma J. Cochran  
Riyadh

## MUNCH CAKE

- 1 box Devils food cake mix
- 1 stick melted margarine
- 1 egg
- 1 C. pecans

Mix the above well and press into an oblong pan.

### Topping:

- 8 oz. cream cheese, softened
- 2 eggs
- 1 box confectioners sugar
- 1 tsp. vanilla

Mix well and spread on cake. Bake at 350° for 35-40 minutes. Turn oven off and leave 15 more minutes.

Linda Thomason  
Riyadh

## OATMEAL CAKE AND TOPPING

SERVES Family of 7

- 1 C. oats
- 1-1/2 C. boiling water
- 1 C. brown sugar
- 1 C. white sugar
- 2 eggs
- 1/2 C. shortening
- 1 Tbsp. vanilla
- 1-1/2 C. flour
- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 1/2 tsp. salt

Mix oats and water and let stand 20 minutes. Cream together other ingredients and add oatmeal mixture. Put in 13x9 in. pan and bake 1 hour at 350°.

### Topping:

- 6 Tbsp. sugar
- 6 Tbsp. margarine
- 1/2 C. canned milk
- 1 C. coconut
- 1/2 tsp. vanilla
- 1 C. chopped nuts

Mix sugar, margarine, and milk. Boil 3 minutes, after it starts to

boil add coconut, vanilla and nuts.

Ann Bogaczyk  
Riyadh

Cake Mixture

Optional: Add:

1/2 tsp. nutmeg

1 C. chopped nuts

Yvonne Steidl  
Riyadh

PINEAPPLE CAKE

SERVES 8-10

Mix together:

2 C. flour

2 C. sugar

1 tsp. vanilla

2 tsp. baking soda

1 20-oz. unsweetened crushed pineapple

Add:

1/2 C. pecans

Pour into 13x9x3 in. pan or 2 round cake pans and bake at 350° for 35-40 minutes.

Frosting

Cream together:

1/2 C. butter (room temperature)

1 8-oz. cream cheese

2 C. confectioner sugar

Add:

1/2 C. pecans

Spread on cake as soon as you take it out of the oven. Cool and refrigerate covered.

Pat Earley  
Riyadh

PINEAPPLE CHIFFON CAKE

1 boxed lemon chiffon cake

1 lg. can crushed pineapple

1 lg. box vanilla pudding

2 pt. whipping cream

Bake cake according to pkg. directions in a tube pan. Cut cake into three layers.

Combine pineapple (including liquid) and vanilla pudding in a saucepan. Heat over low heat and bring to a bubbling boil. Let cool

Whip cream. Fold whipped cream into cooled pineapple/pudding mixture. Spread mixture between cake layers, and cover entire cake with remaining mixture.

Keep cake refrigerated! Sensational as a summer desert!

J. Toni Hedrick  
Riyadh

#### CHOCOLATE POUND CAKE

SERVES 15-20

2 sticks butter  
3 C. plain flour  
1-1/4 C. milk  
5 eggs  
1 tsp. vanilla  
3 C. sugar  
1/2 tsp. baking powder  
1/2 C. Wesson Oil  
1/4 tsp. salt  
1/2 C. cocoa

Cream butter and sugar about 5 minutes. Add oil and beat well. Add eggs, one at a time. Stir in vanilla. Sift dry ingredients together and add alternately with milk to the creamel mixture. Put into a greased and floured tube pan. Bake about 1 hour and 25 minutes at 325°.

Bonnie Benton  
Riyadh

#### POUND CAKE

SERVES 15-20

1/2 lb. margarine (2 sticks)  
3 scant C. sugar  
5 eggs  
3 C. flour  
1 C. sweet milk  
1 tsp. baking powder (dissolved in sweet milk)  
grated rind of 1 lemon  
1 Tbsp. lemon extract

1/2 tsp. vanilla extract

Cream butter and sugar very well. Beat eggs in 1 at a time. Fold in dry ingredients with milk alternately. Last put in extract and lemon rind. Cook 1 hour at 350° in a tube pan.

Bernice Coulter  
Khamis Mushayt

#### WILSONS BUTTERMILK POUND CAKE

1 C. Crisco  
6 eggs  
1/4 tsp. baking soda  
1/2 tsp. salt  
3 C. sugar  
1 C. buttermilk  
3 C. flour  
2 tsp. lemon flavoring

Cream Crisco and sugar until fluffy. Add eggs one at a time, beat thoroughly. Dissolve baking soda in buttermilk. Add salt to flour. Add flour and milk alternately to creamed mixture - begin and end with flour. Add flavoring last. Bake in greased and floured tube or bundt pan at 350° until done (about 1 hour 15 minutes).

Hint: Makes a big cake.

Variation: Substitute almond for lemon flavor.

Fred Wilson, Jr.

#### PLYMOUTH PUMPKIN CAKE

SERVES 6-8

1/2 C. butter  
1-1/2 C. white or light brown sugar (or 3/4 C. ea.)  
2 lg. eggs  
1-3/4 C. flour, sifted  
3/4 tsp. salt  
1-1/4 tsp. baking powder  
1/4 tsp. baking soda  
1 tsp. ground cinnamon  
1/2 tsp. ground allspice  
1/2 tsp. ground nutmeg  
1/4 tsp. ground cloves  
1 C. pumpkin  
1/3 C. water  
1/2 C. coarsely chopped pecans or walnuts  
cream cheese frosting

Preheat oven to 350°. Grease and flour one 9 in. square cake pan. Cream butter and sugar thoroughly with an electric mixer. Add eggs and continue to beat hard until the mixture changes to a lighter shade of yellow and has increased in volume. Sift flour with dry ingredients. Add pumpkin and water alternately with dry ingredients, mixing them in with a whisk or wooden spoon. Fold in nuts. Pour into prepared pan. Place on middle shelf of oven. Bake approx. 35 minutes or until cake springs back when lightly touched. Remove from oven. Allow to stand a few minutes. Loosen the sides of the cake from the pan with a thin knife. Turn out on a rack. Cool. Ice with cream cheese frosting.

#### Cream Cheese Frosting

- 4 oz. cream cheese
- 3 Tbsp. butter
- 1-1/2 C. sifted confectioners sugar

Combine cream cheese and butter in a processor or electric mixer. Stir until well blended. Add confectioners sugar. When smooth, chill in refrigerator until it has a good spreading consistency.

Robin Briggs  
Riyadh

#### PUMPKIN CAKE ROLL

##### Pumpkin Roll:

- 3 lg. eggs
- 1 C. sugar
- 2/3 C. mashed pumpkin, canned or fresh
- 1 tsp. lemon juice
- 3/4 C. flour
- 1 tsp. baking powder
- 2 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1/2 tsp. salt
- 1 C. finely chopped walnuts
- confectioners sugar

##### Cheese Filling:

- 2 pkg. (8 oz.) cream cheese, room temperature
- 4 Tbsp. unsalted butter, room temperature
- 1 C. confectioners sugar
- 1/2 tsp. vanilla
- 1/2 pt. whipping cream, whipped
- pecan halves

1. Grease a 15-1/2 in. jelly roll pan. Line with waxed paper; grease and flour.
2. In a mixing bowl, beat eggs and sugar until creamy, about 3 to 4 minutes. Mix in pumpkin and lemon juice.
3. In separate bowl, stir together flour, baking powder and spices. Fold into pumpkin mixture. Pour into prepared pan, smooth top evenly. Sprinkle nuts over top.
4. Bake in 375°F oven 12-15 minutes or until top springs back when touched.
5. Sprinkle confectioners sugar through a strainer onto a clean towel. Remove cake from oven and turn it upside down onto towel. Beginning at narrow end of cake, roll towel and cake together. Set aside to cool, seam side down.
6. To make filling: In mixing bowl, blend cream cheese and butter until light and fluffy. Slowly beat in sugar and vanilla.
7. When cake is cool, unroll. Spread filling over top. Roll again without towel. (Nuts will be on outside of cake.) Refrigerate several hours.

Jeannette L. Shoun  
Riyadh

PUMPKIN SPICE CAKE  
with  
CREAM CHEESE FROSTING

SERVES 12

- 1 18-1/2-oz. pkg. spice cake mix
- 1 (1 lb.) can pumpkin
- 2 tsp. baking soda
- 2 eggs
- 1/3 C. water

Combine all ingredients in large mixer bowl. Beat as directed on cake mix pkg. Spread in 2 greased and floured 9 in. round pans. Bake at 350° for 25-30 minutes. Let cool 10 minutes then turn out of pans. Cool on rack.

Cream Cheese Frosting

Cream together 1/2 C. butter, 1 8-oz. pkg. cream cheese and 1 tsp. vanilla until light and fluffy. Gradually add 1 lb. sifted confectioners sugar, beating well after each addition. If mixture is

too thick, add a small amount of milk. Spread frosting between layers then sides and top.

Bernadette Ostrowski  
Khamis Mushayt

#### RED VELVET CAKE

1/2 C. shortening  
1-1/2 C. sugar  
2 eggs  
2 oz. red food coloring  
2 Tbsp. cocoa  
1 tsp. vanilla  
1 tsp. salt  
2-1/4 C. sifted cake flour  
1 C. buttermilk  
1 tsp. baking soda  
1 Tbsp. vinegar  
Red Velvet Frosting

Cream shortening and sugar; add eggs. Combine food coloring, cocoa and vanilla, stir into creamed mixture. Add salt to flour. Add flour to creamed mixture alternately with buttermilk. Combine soda and vinegar; add to creamed mixture. Mix well. Pour into 2 greased and floured 9 in. pans. Bake at 350° for 30 minutes. Cool. Split each layer horizontally into 2 layers (making 4 layers). Frost top of each layer with Red Velvet Frosting. Refrigerate.

#### Red Velvet Frosting

3 Tbsp. flour  
1 C. milk  
1 C. sugar  
1 C. butter  
1 tsp. vanilla

Combine flour and milk; heat, stirring constantly, until thick. Cool completely. Cream sugar, butter and vanilla until fluffy; beat in flour mixture. Spread over cake.

Robin Briggs  
Riyadh

#### RICE CAKE

7 C. rice flour  
1-1/2 C. fried sesame  
2/3 C. sugar  
1 tsp. salt

- 1 C. boiling water
- 2 tsp. sesame oil

1. Dough rice flour with boiling water and a little salt (until one's hand is not stuck with rice flour). Cover it with wet towel.
2. Break (pound) the sesame and mix with sugar. Add a little water and salt.
3. Take a little (it is about the size of chestnut) from the doughed flour (1). Make flat and put on sesame mixture. Fold and make the shape like a half moon.
4. Steam on strong (high) fire for 15 minutes and weak (low) fire for 10 minutes.
5. Put them in cold water. Immediately spread on the board.
6. Coat with sesame oil.

Hye-won Yang  
Sun hee Park  
KKMC-Korea

#### SNO-BALL CAKE

SERVES 10-12

- 2 pkg. knox gelatine
- 1 C. crushed pineapple
- 1 C. pineapple juice
- 1 C. sugar
- 1/2 tsp. salt
- 1 lg. Angel Food cake
- 1 lemon
- 3 pkg. dream whip

Dissolve gelatine in 4 Tbsp. cold water, add 1 C. boiling water, let cool. Add juice of lemon, pineapple and juice, sugar and salt. Mix thoroughly, put in refrigerator to cool. When partially jellied, add 2 pkg. dream whip prepared as directed on box. Fold dream whip into mixture. Line 4 qt. bowl with waxed paper. Remove all brown from Angel Food cake by rubbing lightly with your hand. Break cake in small pieces, about 1-1-1/2 in. in size. Mix broken cake pieces with gelatine mixture, mix thoroughly. Pour mixture into waxed paper lined bowl. Store in refrigerator overnight.

Turn cake out on large plate and remove waxed paper. Ice cake with third pkg. of prepared dream whip. Garnish with maraschino cherry or lemon slices.

Patty Watford  
Jeddah

## BOONES STRAWBERRY CAKE

Beat four (4) eggs until frothy, add 1/2 C. Wesson oil, 1/2 C. water, 1 sm. pkg. strawberry jello, add one white cake mix; one box of thawed strawberries.

Bake in 2 cake pans at 350° or 400° for 30-40 minutes.

### Icing:

1 box powdered sugar and 1 box strawberries, thawed and well drained.

Hint: Beautiful cake at Christmas time.

Joan Wilson  
Riyadh

## VANILLA WAFER CAKE

SERVES 8-10

6 eggs  
1/2 C. milk  
12 oz. box vanilla wafers  
2 C. sugar  
1-1/2 stick melted oleo  
1 c. chopped pecans  
1 can coconut

Beat eggs well. Beat milk with eggs, add sugar and melted oleo and mix well. Add vanilla wafers and let soak for about 5 minutes. Add nuts and coconut. Bake in tube pan on 325° oven for 1 hour.

### Note:

Since ovens differ in temperature it may not take 1 hour or it may take longer. Test cake with toothpick.

Pat Earley  
Riyadh

## NEVER FAIL CARAMELS

2 C. sugar  
1 C. light brown sugar  
1 C. Karo corn syrup  
1 C. whipping cream  
1 C. milk  
1 C. margarine  
pinch of salt

Combine above ingredients in pan. Cook on stove till when dropped

into cold water it is of caramel consistency - about 238°. Remove from heat. Add 2 tsp. vanilla. Pour into buttered 9x13 in. pan. Place in refrigerator. Cut into squares, wrap in wax paper. Pecans may be added.

Julie Fulner  
Riyadh

#### FUDGE

Makes 5 lb.

- 1 13-oz. can Carnation evaporated milk
- 4-1/2 C. sugar

Bring to a boil in a large (4 qt.) saucepan. Boil for 10 minutes, stirring constantly

Remove from heat and add:

- 1/2 lb. butter or margarine
- 3 C. chocolate chips
- 1 Tbsp. vanilla

Stir until smooth. Spread in a buttered 10x15 in. pan. Allow to cool. Cut into very small pieces.

Variation: Add 1 C. chopped walnuts

Sue Westerberg  
Riyadh

#### CREAMY FUDGE

Makes 3 lb. or 72 pieces

- 1 pkg. (12 oz.) Bakers Chocolate Flavor Baking Chips
- 1 C. marshmallow topping
- 1 tsp. vanilla
- 1 C. chopped nuts
- 3 C. sugar
- 1/2 C. butter or margarine
- 1-1/3 C. evaporated milk

Place chips in bowl with marshmallow topping, nuts, butter and vanilla, set aside. Combine sugar and evaporated milk in a 4 qt. saucepan. Cook and stir over medium heat until mixture comes to a full rolling boil. Boil 8 minutes, at full rolling boil, stirring constantly. Carefully pour boiling sugar syrup over chocolate mixture and stir until chocolate is melted and mixture is smooth. Pour into a greased 9x13 in. rectangle pan. Chill until firm - about 1 hour.

Cut into squares.

Note:

Recipe may be halved: use 1 C. chips, a 2 qt. saucepan, 5 minutes boiling time, an 8 in. pan.

Margie Sewell  
Al Khobar, Dhahran

#### FANTASY FUDGE

- 2/3 C. evaporated milk
- 3/4 C margarine
- 3 C. sugar
- 1 12-oz. pkg. semi-sweet chocolate pieces
- 1 7-1/2-oz. jar of marshmallow creme
- 1 tsp. vanilla
- 1 C. chopped nuts (optional)

Combine margarine, evaporated milk and sugar in a 2-1/2 qt. saucepan. (If margarine is melted first, it will help prevent sugar from scorching.) Bring to full rolling boil, stirring constantly. Continue boiling 5 minutes over medium heat, stirring constantly. Remove from heat; stir in chocolate pieces until melted. Add marshmallow creme, nuts (optional), and vanilla. Beat until well blended. Pour into well greased (PAM) 13x9x2 in. pan. Cool at room temperature; cut into squares.

Cathey Pelletier  
Riyadh

#### SEE'S FUDGE

Makes about 5 lb.

In a pan, combine 4-1/2 C. sugar, 1 tall can evaporated milk. Bring to a rolling boil for 4-1/2 minutes. In a large bowl, combine 12 oz. Baker's German Sweet Chocolate, 12 oz. pkg. of semi-sweet chocolate bits, 1 jar (13 oz.) marshmallow cream, 1 Tbsp. butter. Pour 1/2 of hot mixture over the chocolate and stir until all chocolate is melted. Then pour in the rest of hot mixture and blend well.

Add:

- 2 Tbsp. vanilla
- 1-1/2 C. chopped walnuts

Mix well. Turn out into a 13x9x2 in. greased pan. Cut when cool.

Marcella Hernandez  
Riyadh

## MICROWAVE PEANUT BRITTLE

Power: High

- 1 C. sugar
- 1/2 C white Karo syrup
- 1 C. roasted salted peanuts
- 1 tsp. butter
- 1 tsp. vanilla
- 1 tsp. baking soda

1. Mix sugar and syrup in 1-1/2 qt. casserole. Microwave 4 minutes.
2. Stir in peanuts. Microwave 3-5 minutes until light brown.
3. Add butter and vanilla. Blend well. Microwave 1-2 minutes.
4. Stir in gently baking soda. Pour immediately onto lightly greased cookie sheet.
5. Let cool; crack into pieces.

Virginia Butler  
Taif

## OLD FASHIONED PULL TAFFY

- 2 C. sugar
- 1/2 C. Karo syrup (light)
- 1/2 C. water
- 1/4 tsp. cream of tartar
- food coloring, flavoring (if desired)

Combine sugar, Karo, water, cream of tartar. Place over heat. Stir till sugar dissolves. Cook without stirring to 265°F on candy thermometer. Remove from heat; add coloring. Pour on greased platter. Cool until easily handled. Pull into rope until chalky and porous. Break into bite-size pieces with scissors. Greased hands make pulling easier.

Gloria McClendon  
Khamis Mushayt

## ARAB DATE COOKIES MA'AMOUL

- 3 C. cream of wheat
- 1 C. milk

- olive oil
- 1 C. butter
- 2 C. pitted dates
- cinnamon

Mix cream of wheat and butter with hands or mixer. Let it stand overnight or for 12 hours, covered. Add the milk a little at a time and knead until it holds its shape.

Filling: Pit dates and put them through a food chopper using fine blades. Add a little olive oil and cinnamon "for flavor" and work well with your hands until it becomes a smooth mixture. Shape it into balls the size of small walnuts. Take a small amount of the dough (about 1/4 C.) and shape it in a ball. Hollow out the center with your finger and fill the hollow with the date ball. Close the opening smoothly. Flatten the dough into a cookie shape and press it into the special wooden mold (you can buy downtown). Tap the mold to remove the cookie and place it on an ungreased cookie sheet. Bake in oven (350°) for 15-20 minutes. Remove from oven and place on paper towel. When cool, dust with powdered sugar. You can use another filling using a mixture of chopped walnuts and powdered sugar and a little cinnamon.

Hiyam Ramini  
Riyadh

#### CINNAMON DISCS

Makes 2-1/2 doz.

- 1-1/4 C. sifted flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1/2 C. soft margarine or butter
- 1 C. granulated sugar
- 1 egg
- 1 tsp. vanilla
- 2 tsp. cinnamon
- 1/2 C. nuts, ground

Sift together flour, baking powder, and salt. Cream margarine, sugar, egg and vanilla with electric mixer until fluffy. Blend in flour mixture. Chill one hour. Shape level Tbsp. of dough into balls; roll balls in the combined cinnamon and nuts. Place 2 in. apart on greased cookie sheet. Bake at 375° for 12-15 minutes. (Unbaked balls can be frozen for later use.)

Jill Tonelli  
Riyadh

#### HALF MOONS

Cream together:

- 2 eggs

1 C. sugar  
1/3 C. shortening  
1 tsp. vanilla  
1/4 tsp. almond or orange extract  
1/2 tsp. salt

Add:

2 C. flour  
2-1/2 tsp. baking powder  
alternately with 1/4 C. milk

Bake at 375° for 10 minutes. After cooled, frost one side chocolate and one side vanilla.

### ICE BOX DATE COOKIES

Filling.

1 lb. chopped pitted dates  
1 C. sugar  
1 C. water  
3/4 C. nuts (chopped pecans are best)

Combine in saucepan and cook over low heat until mushy. Then set aside to cool.

Dough:

4 C. flour  
1-1/2 tsp. salt  
1 Tbsp. baking soda

Sift together and set aside.

Combine: 1/2 C. butter and 1/2 C. shortening

Combine: 1 C. white sugar and 1 C. brown sugar

Slowly add sugar to butter/shortening creaming until fluffy.

Then mix 3 eggs well and add slowly - beating thoroughly.

Then blend in the flour, salt and soda.

Then blend in 2 tsp. of vanilla.

Then chill in refrigerator until easy to handle.

Then divide dough in half - roll out 1/4 in. thick.

Spread on evenly 1/2 of the cooled filling.

Roll up like a jelly roll.

Repeat with other halves of ingredients.

Cut roll in half forming four short rolls.

Wrap each in wax paper and chill in refrigerator overnight.

Lightly grease cookie sheets.

Cut slices 1/4 in. thick from the rolls and place about 2 in. apart on cookie sheets.

Bake at 400°F for 10-15 minutes.

Lee Dittmer  
Riyadh

## ITALIAN COOKIES

Mix:

- 2-1.2 C. flour
- 1/2 C. sugar
- 1/4 C. shortening
- 1-1/2 tsp. baking powder
- 2 eggs
- 1/2 C. milk
- 1/4 tsp. salt
- 1 tsp. anise flavoring

Drop onto greased cookie sheet. Bake at 400° for 12 minutes.

Frosting should be runny:

- 1 Tbsp. butter
- confectioners sugar
- milk
- anise flavoring

After cookies are cool, dip cookies into frosting then into colored sprinkles.

## ITALIAN CHRISTMAS COOKIES

A. Dough:

- 4 C. flour
- 2/3 C. white sugar
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 C. margarine
- 1/2 C. Crisco
- 2 eggs (unbeaten)
- 4 Tbsp. milk
- 2 tsp. vanilla

B. Filling:

- 1-1/2 C. pineapple (or your favorite) preserves
- 1-1/2 C. miniature chocolate chips
- 1-1/2 C. chopped nuts

Sift first 5 ingredients of "A". Add margarine, Crisco and mix until dough resembles coarse crumbs. Blend in eggs, milk and vanilla. Do not overmix.

Divide dough into six equal parts. Roll out on floured surface to 12x4 in. rectangle. Spread with 1/6 of "B". Roll tightly like a jelly roll. Seal ends and edges. Place seam side down on greased baking sheet. Bake at 400° for 15-17 minutes. Cool. Slice in 3/4-in. pieces and dust with powdered sugar. Can be frozen.

Sandra DiNello  
Riyadh

#### KRINGLA'S NORWEGIAN COOKIE

- 2 eggs
- 2/3 C. butter
- 4-1/2 C. flour
- 1-1/2 tsp. almond extract
- 1 C. sweet condensed milk
- 1-1/2 C. sugar
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- powdered sugar
- 1/2 C. crushed blanched almonds (optional)

Combine ingredients and shape dough into a ball 1 in. in diameter. Roll in powdered sugar and work ball into a 5 in. strip, working it as you would clay. Strip should be about 2 pencils in width. Transfer dough strip quickly to teflon sheet and bring ends up to middle to make a pretzel shape. Bake at 400° for 12 minutes or until light golden brown.

Judy Rogers  
KKMC-Norway

#### LITTLE EARS

Makes approx. 4 doz.

- 2 eggs
- 1 Tbsp. sugar
- 3 Tbsp. sweet cream
- 1-3/4 C. pastry flour
- 1 jigger rum or brandy (optional)

Beat eggs until light and fluffy. Add sugar and cream and rum or brandy. Add enough flour to make a dough which can be rolled very thin. Cut into diamond shapes. Slash the center of each diamond, twist one end through the hole to form a knot. Fry in deep hot fat

until lightly browned. Drain on absorbent paper. Dust with powdered sugar.

Cassie DiSalvo  
Riyadh

### MACAROONS

- 1-1/3 C. flaked coconut
- 1 C. sugar
- 2 egg whites
- 2 Tbsp. flour
- 1 tsp. vanilla

Mix coconut, sugar and flour well, then add egg whites and vanilla. Drop spoonfuls on a well greased cookie sheet one in. apart. Bake at 325° for 20 minutes or until edges are brown.

Jay Wilson  
Riyadh

### MOLASSES COOKIES

- 3/4 C melted shortening
- 1 C. sugar
- 1/4 C. molasses
- 1 egg
- 1/2 tsp. ginger
- 2 tsp. baking soda
- 2 C. flour
- 1/2 tsp. cloves
- 1 tsp. cinnamon
- 1/2 tsp. salt

Mix cooled shortening with sugars and egg. Add flour and spices. Shape into small balls, roll in sugar. Bake at 375° for 8-10 minutes.

Yvonne Steidl  
Riyadh

### PEANUT BUTTER BOILED COOKIES

Made on top of stove in a large saucepan. Then drop on cookie sheets.

- 2 C. sugar
- 1/4 lb. (1 stick) butter
- 1/2 C. milk

#### 4 Tbsp. cocoa

Cook all ingredients on medium to high burner. Bring to a boil and cook 1-1/2 minutes. Remove from heat, add 1/2 C. peanut butter. Stir to melt peanut butter. Add 2-1/2 C. oats and 2 tsp. vanilla. Quickly drop on cookie sheet using a teaspoon.  
Optional: 1/2 C. pecans

Joan Wilson  
Riyadh

### SALTED PEANUT COOKIES

Preheat oven to 350°.

- 1 C. white sugar
- 1 C. brown sugar
- 1 C. shortening
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1-3/4 C flour
- 1-1/2 C. oatmeal
- 1-2 C. salted peanuts

Mix together first five ingredients. Add soda, baking powder, flour and oatmeal. Mix well, add peanuts. Bake 10-15 minutes.

Jean Steidl  
Riyadh

### PINEAPPLE COOKIES

Mix thoroughly:

- 1 C. soft shortening\*
- 1-1/2 C. sugar
- 1 egg

Stir in:

- 1 9-oz. can crushed pineapple and juice

Sift together:

- 3-1/2 C. flour
- 1 tsp. soda
- 1/2 tsp. salt
- 1/4 tsp. nutmeg

Combine together and add 1/2 C. chopped nuts. Chill one hour, drop

by tsp. on lightly greased cookie sheet. Bake at 400° for approx. 8-10 minutes, or until no imprint remains when touched.

\* Do not use oleo or butter

Jo Enger  
Riyadh

**PIZZELS**  
(Italian Semi-Sweet Wafers)

Makes approx. 2-1/2 doz.

3 eggs  
3/4 C. sugar  
1/4 C. oil  
1/4 C. melted butter  
2-1/4 C. flour  
1 Tbsp. flavoring  
1/4 tsp. salt  
3/4 tsp. baking powder

Mix all ingredients well. Bake in a pizzel iron.

Joyce Franklin  
KKMC-Italy

**ROSE COOKIE**  
(sweet snack)

Makes approx. 25

1 C. rice flour  
1 C. all-purpose flour  
1 C. sugar  
2 eggs  
1-1/2 C. coconut milk  
1 pinch salt  
enough oil for deep fry  
utensil needed - rosette iron

Mix the flours, sugar, eggs, salt and milk to make the batter. Over medium heat, heat the oil in a frying pan. When the oil is well heated, dip the iron into the hot oil and then dip the iron halfway into the batter to get the coating. Take the iron out of the batter and dip into the hot oil. The Rose Cookie should then pop out of the iron. In case it does not pop out of the iron, loosen the batter coating from the iron with the lip of a knife. Rose Cookie will turn to golden color in a few seconds; turn it over and take it out of oil. You can make only one at a time but it goes fast.

Hema Henry  
KKMC-India

## SCOTTISH SHORTBREAD FINGERS

- 4 oz. sugar
- 8 oz. butter
- 12 oz. flour (10 oz. plain + 2 oz. rice flour or corn flour)

Rub butter into flour by hand or in a mixer. Add the sugar and knead or beat until the mixture holds together. Press into a baking sheet 10x12 in. Cut through into fingers with a sharp knife and prick each finger with a fork. Sprinkle with caster sugar and bake very slowly (250-300°) until firm. Remove from oven and while still hot re-cut the shortbread where cut previously. Allow to cool before removing from tin.

Anne Dimmer  
KKMC-Scotland

## CANADIAN TEA CAKES

OR

## SHORT COOKIES

- 1/2 lb. oleo or butter (2 quarters)
- 1/4 C. shortening
- 1/2 C. powdered sugar

Cream together and add:

- 1 tsp. vanilla
- 1/4 C corn starch

Cream together and add 2 C. flour.

Mixture should be firm enough to roll in your hands. Roll by hand the size of a large walnut and flatten top. Bake at 375° for 10-15 minutes. Cookies should stay as white as possible in color. (Use ungreased cookie sheet.)

Frosting:

- 2 Tbsp. butter or shortening
- 1 tsp. almoni flavoring
- 1 Tbsp. milk
- 1 C. powdered sugar

Cream together, slightly soft consistency, swirl on top of cookie, decorating with of a cherry.

Jean Parrs  
Riyadh

## CHARLOTTE'S TEA CAKES

Makes 5 doz. sm. cookies

- 1 C. sugar
- 1/2 C. shortening
- 2 eggs
- 1 tsp. vanilla
- 1/2 tsp. grated lemon rind
- 2 C. sifted flour
- 2 tsp. baking powder
- 1/2 tsp. salt

Cream sugar and shortening. Add eggs and flavorings; blend. Fold in dry ingredients - sifted. Roll out and cut. Bake at 350° about 10 minutes.

Joan Wilson  
Riyadh

## TOP OF THE STOVE CHOCOLATE QUICKIES (Children's Recipe)

Makes approx. 4 doz.

- 2 C. sugar
- 1/2 C. milk
- 1/4 lb. margarine (1 stick)
- 1/4 C. cocoa
- 1 tsp. vanilla
- 1/2 C. peanut butter
- 3 C. oatmeal
- 1/2 C. nuts/coconut
- 3 C. corn flakes or similar cereal

Mix sugar, milk, margarine and cocoa in saucepan. Heat and boil one minute only. Remove from heat and add all other ingredients. Mix and drop by spoonfuls onto waxed paper.

Marilyn Dale  
Khamis Mushayt

## WHOOPIE PIES

Makes approx. 2 doz.

- 5 Tbsp. cocoa
- 6 Tbsp. shortening
- 1 C. sugar
- 1 egg
- 1 C. milk
- 1 tsp. vanilla
- 2 C. flour
- 1-1/4 tsp. soda
- 1/4 tsp. salt

Cream together cocoa, shortening, and sugar. Beat in egg. Mix vanilla with milk, then alternate with sifted dry ingredients. Drop by Tbsp. on greased baking sheet. Bake 10-15 minutes in 375° oven. Cool on rack, spread with approx. 1 tsp. of filling between two cookies.

**Filling:**

Beat together 3/4 C. confectioners sugar, 3/4 C. shortening and 6 Tbsp. marshmallow fluff. Beat until fluffy.

Kids and adults love them

(The finished product resembles a hamburger.)

Anita Jacobs  
Al Khobar

**BERT'S NEVER FAIL PIE CRUST**

Makes 2 9-in. pie crusts

2 C. all-purpose flour (do not sift)  
1 pinch salt  
1/4 C. milk  
1/2 C. Wesson oil

Mix all ingredients until moistened and roll out between 2 pieces of waxed paper.

Ruth Dickens  
Riyadh

**BROKEN GLASS PIE**

Cook 3 graham cracker crust pie shells for 5-10 minutes at 350° then set aside.

Prepare three flavors of jello and pour each flavor into separate pie pans to cool and jell. Prepare one lemon flavor jello and semi-jell it. When semi-jelled, combine it with one lg. container of Cool Whip. Cut each jelled jello from pie pans into cubes and fold into lemon jello and Cool Whip. Pour mixture into prepared graham cracker crusts. Cover and chill for 3-5 hours.

**BUTTERSCOTCH PIE**

1 C. brown sugar (firmly packed)  
1/4 C. water  
1/4 C. butter  
1 Tbsp. light corn syrup  
1-3/4 C. milk

- 1/2 C. granulated sugar
- 3 Tbsp. cornstarch
- 3 Tbsp. flour
- 1/4 tsb. salt
- 2 egg yolks, slightly beaten
- 1 baked pie shell
- 1 C. heavy cream (whipped), or egg meringue

1. Combine brown sugar, butter and corn syrup - cook until a small amount forms a hard ball in cold water (250°F).
2. Scald milk in top of a double boiler.
3. Combine granulated sugar, cornstarch, flour and salt - mix well.
4. Add scalded milk gradually to mix thoroughly.
5. Cook over hot water (15 minutes) - stir constantly. Mixture should be thick and smooth - add butterscotch mixture and stir until very smooth.
6. Pour over slightly beaten egg yolks, return to double boiler and cook 1-3 minutes.
7. Cool and pour into baked pie shell.
8. Pile unsweetened whipped cream lightly on top of filling around edge of pie to form a border. (If preferred, top with egg meringue and bake as directed.

Allen Alexander  
Riyadh

#### CHESS PIE

SERVES 6-8

- 1 C. granulated sugar
- 1/2 C. brown sugar
- 1 Tbsp. flour
- 1 Tbsp. corn meal
- 2 eggs
- 1/4 C. milk
- 1/4 C. melted butter
- 1 tsp. vinegar
- 1 tsp. vanilla
- 1 9-in. unbaked pie crust

Combine sugar, flour and meal. Beat eggs. Combine with remaining ingredients. Pour in pie shell. Bake at 320° for 45 minutes.

Robin Briggs  
Riyadh

## EASY CHOCOLATE CHESS PIE

SERVES 6-8

- 1-1/2 C sugar
- 2 whole eggs
- 3 Tbsp. cocoa
- 1/2 stick melted butter
- 1 tsp. vanilla
- 1 sm. (5.33 oz.) can evaporated milk

Mix above ingredients and pour into unbaked pie shell. Bake at 325° for 45 minutes or until set. Good slightly warm

Susan Shadis  
Khamis Mushayt

## CHOCOLATE CREAM PIE

- 1/2 C butter, softened
- 3/4 C powdered sugar
- 6 oz. semi-sweet chocolate chips
- 3 eggs
- baked pie shell
- whipped cream
- chocolate shavings

Beat together butter and powdered sugar. Melt chips (double boiler) and beat into butter and sugar till fluffy. Beat in eggs one at a time till real fluffy. Pour into pie shell, refrigerate at least two hours. Top with whipped cream and chocolate shavings.

Shirley Sorenson  
Riyadh

## DERBY PIE

SERVES 6-8

- 1/4 C. margarine
- 1 C. sugar
- 3 eggs
- 3/4 C. dark corn syrup
- 1/4 tsp. salt
- 1 tsp. vanilla
- 1/2 C. chocolate chips
- 1/2 C. pecans
- 1 9-in. unbaked pie crust

Cream the margarine, sugar and eggs. Blend in corn syrup, salt and vanilla. Stir in chocolate chips and pecans. Pour into pie shell. Bake in preheated 375° oven for 40-50 minutes. Do not refrigerate.

Robin Briggs  
Riyadh

## GEORGIA CRACKER PIE

SERVES 6-8

Take 3 egg whites and beat until stiff.

Add:

- 1 C. sugar
- 1 tsp. vanilla flavor
- 1 tsp. baking powder
- 1 C. of pecans, chopped
- 1 C. of ritz cracker crumbs

Bake 25 minutes at 350° in a buttered pie pan. I use a 9 in. pie pan.

Joy Thornton  
submitted by:  
Pat Earley

## GRASSHOPPER PIE

9 in. Chocolate Short Pie Shell:

- 1 C. Bisquick baking mix
- 1/4 C. cocoa
- 2 Tbsp. sugar
- 1/4 C. butter, softened
- 3 Tbsp. boiling water

Heat oven to 450°. Combine baking mix, cocoa, sugar and butter in small bowl. Add water; stir vigorously until dough forms a ball and cleans the bowl. Dough will be puffy and soft. Pat dough with lightly floured hands into 9 in. pie pan, bringing up dough to edge of pan. Bake 8-10 minutes. Cool.

Filling:

- 1 envelope unflavored gelatine
- 1/3 C cold water
- 1 C. chilled whipping cream
- 1/2 can of vanilla pudding (1 C.)
- 1/4 C white creme de cacao
- 1/4 C. green creme de menthe  
chocolate curls

Sprinkle gelatine on water in small saucepan to soften. Stir over very low heat until gelatine is dissolved. In chilled bowl, beat cream until stiff. Blend pudding and liqueurs into whipped cream; fold in gelatine and if you like, green food color. Pour mixture into pie shell. Chill at least 4 hours or until set. Just before serving, garnish with chocolate curls.

Bonnie Benton  
Riyadh

## HEAVENLY PIE

SERVES 8

- 3 big egg whites or 4 sm. ones
- 3/4 C sugar
- 1 C. finely chopped pecans
- 1/2 tsp. baking powder
- 1/2 tsp. vanilla
- 16 crushed butter crackers
- 9 oz. container Cool Whip

Beat egg whites until stiff; add sugar gradually and continue beating. Add baking powder and vanilla. Fold in crushed crackers and pecans. Shape as pie shell in well buttered pie plate. Bake 25-30 minutes at 300°. When cool, cover with Cool Whip and chill.

Keeps well in refrigerator for several days or may be frozen for a later time.

Nell Walden  
Matthews, GA

## LIME SUBLIME PIE

- 2 sm. boxes lime jello
- 1 C. hot water
- juice of 1/2 lemon
- 1/3 C. sugar
- 1 C. evaporated milk
- chocolate refrigerator cookies
- 1 stick butter

Cook jello according to directions. Add 1 C. hot water, juice of 1/2 lemon and 1/3 C. sugar. Chill. Pour 1 C. evaporated milk in ice cube tray and freeze till crystalized around the edges. Melt butter, add enough crushed chocolate cookies to make a pie shell. You can use either a pie pan or 9x9 in. square pan, placing cookie crumb mix only on the bottom. Whip evaporated milk until double (will thicken). Fold in the jello mixture. Pour into pan. Chill.

Great for a hot summer day!!

J. Toni Hedrick  
Riyadh

## MONTGOMERY PIE

OR

## SHOO FLY PIE

For the syrup:

- 1/2 C molasses

1/2 C. sugar  
 1 egg  
 1 C. water  
 2 Tbsp. flour  
 1/2 lemon, juice (optional)

Combine above ingredients and pour into a 9 in. unbaked pie shell.

For the topping:

2/3 C. sugar  
 1/4 C. butter  
 1 egg, beaten  
 1 tsp. baking powder  
 1 C. milk  
 1-1/2 C. flour, sifted

Blend butter and sugar; add egg and beat well. Add milk and the flour and baking powder, a little at a time. Spread topping over mixture in the pie shell. Bake in moderate oven (350°) for 40 minutes.

Bonnie Jellison  
 Khamis Mushayt

#### OSGOOD PIE

YIELD: 1 9-in. pie

1/2 C. butter  
 2 C. sugar  
 4 egg yolks, beaten  
 1 C. raisins  
 1 C. chopped pecans  
 1/2 tsp. cinnamon  
 1 tsp. rum flavoring  
 1/2 tsp. ground cloves  
 4 egg whites  
 1 unbaked 9 in. pie shell

Cream butter and sugar together until fluffy. Add beaten egg yolks, raisins, pecans and spices. Fold in stiffly beaten egg whites. Bake at 250° for 50 minutes.

Bonnie Benton  
 Riyadh

#### PUMPKIN PIES

3 C. canned pumpkin  
 1-1/2 C. light brown sugar  
 1 C. granulated sugar

- 5 eggs, lightly beaten
- 1 C. cream
- 1/2 C. milk
- 3 Tbsp. molasses

Combine all ingredients.

Add:

- 1/2 tsp. ginger
- 3 tsp. cinnamon
- 1 tsp. salt
- 1-1/2 tsp. nutmeg

Beat with electric mixer until light and fluffy.

Pour into uncooked pie shells and bake in 425° preheated oven for 20 minutes. Reduce heat to 325° and cook for 35 minutes more or until inserted toothpick comes out clean.

#### SHONEY'S STRAWBERRY PIE

SERVES 6

- 3/4 C. sugar
- 1 C. water
- 1 Tbsp. white corn syrup
- 2 Tbsp. corn starch
- 1 baked pastry crust or graham cracker crust

Cook in saucepan until thick and clear; remove from heat; add 3 Tbsp. strawberry jello (dry). Fill pie crust with fresh strawberries. Pour filling over strawberries and chill. Serve with whipped cream.

Charlotte Foley  
Riyadh

#### SOUTHERN PECAN PIE

- 3 eggs
- 1 C. karo dark corn syrup
- 1 C. sugar
- 2 Tbsp. margarine, melted
- 1 tsp. vanilla
- 1/8 tsp. salt
- 1 C. pecan halves
- 1 unbaked 9 in. pie shell

In medium bowl beat eggs slightly with fork. Beat in next 5 ingredients. Stir in pecans. Pour into pastry shell. Bake at 350° for 55 minutes. Insert knife halfway between center and edge. If it comes out clean, pie is ready.

Kathy McGehee  
Riyadh

## TURKISH COFFEE CREAM PIE

### Pie Crust:

- 2 C. sifted flour
- 2/3 C. lard or shortening
- 1/2 tsp. salt
- 6 Tbsp. ice water

Blend the flour, lard and salt in a cold mixing bowl, using either two knives or a pastry blender. DO NOT use your hands. Add ice water, one Tbsp. at a time. Stir briskly with a fork until dough is firm and slightly moist. Wrap in waxed paper and chill for 30 minutes. Roll out on a well-floured board. Bake at 450° until crust begins to brown. Reduce heat to 300° and bake for 30 minutes.

Commercially prepared pie crust may be used. But be sure to obey the rules about keeping everything you work with very cold.

- 1 Tbsp. gelatine
- 1/4 C. cold water
- 1 Tbsp. Turkish coffee
- 1 Tbsp. pulverized instant coffee
- 1 C. boiling water
- 4 Tbsp. granulated sugar
- 1 well beaten egg yolk
- 1 Tbsp. light rum
- 1/2 pt. heavy cream, whipped and sweetened
- 1 stiffly beaten egg white

Prepare one-half the pie crust recipe. Line a 9 in. pie tin and bake.

Dissolve the gelatine in the cold water. Combine the Turkish coffee, the instant coffee, and the sugar in a mixing bowl and pour the cup of boiling water over them. Stir until sugar is dissolved. Pour the coffee mixture, a little at a time, over the well-beaten egg yolk. Pour the mixture into the top of a double boiler over boiling water. Add the dissolved gelatine and stir until the mixture thickens. Remove from the heat and allow to cool until the gelatine just begins to stiffen, then beat it vigorously with a wire whisk until it is fluffy. Stir in the rum. Fold in half the sweetened whipped cream. Fold in the stiffly beaten egg white. Mix thoroughly, then pour into the baked shell. Garnish with the balance of the whipped cream forced through a pastry tube and a gentle dusting of Turkish coffee. Chill 3-4 hours before serving.

Umran B. Harris  
KKMC-Turkey

## DATE CRISPS

Makes 3 doz.

- 36 dates
- 36 pecan or walnut halves
- 36 won ton wrappers
- vegetable oil
- confectioners sugar

Pit dates; stuff with nuts. Wrap stuffed date in won ton wrapper, twisting ends. Brown in hot oil. Drain. Dust with sugar.

Judy McDaniel  
Riyadh

## FROZEN CHOCOLATE BANANAS

SERVES 2

(This recipe is easy for children to make)

### Ingredients:

- 1/4 C. chopped peanuts
- 1/2 C. milk chocolate pieces or semi-sweet chocolate pieces
- 1 lg. banana

### Equipment:

measuring cups  
shallow bowl  
waxed paper  
plate  
small skillet or saucepan  
wooden spoon  
cutting board  
table knife  
2 wooden sticks  
plastic wrap or foil

1. Put chopped peanuts into shallow bowl. Put a piece of waxed paper on a plate.
2. Put chocolate pieces into skillet. Put skillet on burner. With adult help, turn burner to low heat. Stir all the time with wooden spoon till chocolate melts. Turn off burner. Remove skillet from heat.
3. Peel banana. Throw away the peel. On cutting board, cut banana in half with table knife. Push a wooden stick into cut end of each banana half. Use table knife to spread chocolate on all sides of banana halves. Immediately roll in peanuts to coat.
4. Put bananas on waxed paper-lined plate. Freeze till hard. If

you want to save for another day, wrap frozen bananas in plastic wrap or foil.

Charlotte Foley  
Riyadh

FLAN  
(Caramel Custard)

SERVES 6

1/3 C. sugar  
6 eggs  
6 Tbsp. sugar  
2 C. milk  
1 tsp. vanilla

To make hot water bath for the Flan, set a 9 X 1-1/4 in. pie pan in a slightly larger pan. Fill the outer pan with just enough hot tap water to come up around the other pan, hold down the pie pan so it won't float. Then remove the pie pan and put only the pan of water in a preheating 350° oven while you mix the custard.

In a small frying pan over moderate heat, melt the 1/3 C. sugar, shake pan instead of stirring. Once melted, the sugar will caramelize quickly. As soon as it does, pour at once into the 9 in. pie pan. Using hot pads to protect hands, tilt pan quickly to let syrup flow over bottom and slightly up sides. If syrup hardens before you finish, set pan on moderate heat until syrup softens, then continue.

Beat together to blend the eggs, and 6 Tbsp. sugar, add milk and vanilla. Set caramel-lined pan in hot water in oven; pour in the egg mixture. Bake in a 350° oven for about 40 minutes; test by gently pushing custard in center with the back of a spoon - when done a crevice about 3/8 in. deep forms.

Remove from hot water and chill at once. As the Flan cools, the caramel dissolves somewhat. When cold, loosen just the custard edge, then cover with a rimmed serving plate. Holding plate in place, quickly invert. The Flan will slowly slip free and the caramel sauce flow out. To serve, cut in wedges, spoon sauce on top.

Irene Sullivan  
KKMC-Spain

BAVARIAN MINT

SERVES 8

1 envelope unflavored gelatine  
1/2 C. sugar, divided  
1/8 tsp. salt

- 1/2 C. cold water
- 3 eggs, separated
- 1/2 C. creme de menthe
- 1 C. heavy cream, whipped

Mix together gelatine, 1/4 C. of the sugar and salt in top of double boiler. Stir in water; add egg yolks, one at a time, stirring to blend well. Place over boiling water and cook, stirring constantly, until gelatine is dissolved and mixture thickens slightly, about 5 minutes. Remove from water. Stir in creme de menthe. Chill until mixture is the consistency of unbeaten egg whites. Beat egg whites until stiff, but not dry. Gradually add remaining 1/4 C. sugar and beat until very stiff. Fold into gelatine mixture. Turn into a 5 C. serving bowl. Chill until firm. If desired, garnish with additional whipped cream and chocolate curls.

Bonnie Benton  
Riyadh

#### CHOCOLATE MINT DESSERT

Makes 2/3 C. sauce

- 1 5.5-oz. can chocolate syrup
- 2 Tbsp. green creme de menthe brownies
- vanilla or chocolate mint ice cream

Combine chocolate syrup and creme de menthe, stirring well. Serve warm or cold over brownies topped with ice cream.

#### LIME MINT REFRESHER

SERVES 10-12

- 1 1-1/4 oz. pkg. whipped topping mix
- 1/2 C. cold milk
- 1/2 tsp. vanilla extract
- 1 qt. vanilla ice cream, softened
- 1/4 C. creme de menthe

Combine whipped topping mix, milk, and vanilla, beat until smooth and stiff. Add remaining ingredients; stir well. Freeze.

Bonnie Benton  
Riyadh

#### FRENCH PUDDING

Cream 1/2 C. butter and 1-1/2 C. confectioners sugar. Add 2 beaten eggs.

Roll 1/2 lb. vanilla wafers into crumbs. Pour half of crumbs into 8x8 in. pan. Spread sugar mixture over crumbs. Add 1/2 pt. whipping cream whipped. Cover with 1 C. crushed pineapple. Top with remaining half of cookie crumbs or 1 C. nuts. Refrigerate 24 hours before serving.

Joyce Spencer  
Jubail-France

Also known as "Crumb Tante"

Rose Rogers  
Dhaharan

# FUDGE BATTER PUDDING

SERVES 6

1 C. flour  
8 Tbsp. unsweetened cocoa  
1 tsp. baking powder  
3/4 tsp. salt  
1 C. granulated sugar  
2 Tbsp. melted butter  
1 tsp. vanilla  
1/2 C. milk  
1/2 C. chopped walnuts  
1-2/3 C. boiling water  
confectioners sugar  
vanilla ice cream

Stir together flour, 3 Tbsp. cocoa, the baking powder and salt. Set aside. In a large bowl, combine 1/2 C. granulated sugar, the butter and vanilla. Stir flour mixture into sugar mixture alternately with milk, blending well after each addition. Stir in nuts. In 8 in. round cake pan, combine remaining 1/2 C. granulated sugar, 5 Tbsp. cocoa and the boiling water. Drop batter by Tbsp. onto hot mixture. Bake in preheated 350° oven about 40 minutes, or until top is crusty. Sprinkle with confectioners sugar. While still warm, spoon out serving of cake and cover with sauce, then top with ice cream and serve.

Susan Gula  
Riyadh

# SWEDISH RICE PUDDING

SERVES 6-8

5 Tbsp. raw rice  
1 qt. milk  
3 Tbsp. butter  
3 eggs, beaten

3/4 C. sugar  
1/8 tsp. salt  
1 tsp. vanilla  
1/8 tsp. nutmeg  
1/8 tsp. cinnamon

Put 5 tablespoons rice, the 1 qt. of milk and 3 Tbsp. butter in top of double boiler. Cook for 1 hour stirring often.

About 10 minutes before rice mixture is done, beat eggs, sugar, salt and vanilla until well mixed. Pour boiling rice mixture gradually into egg mixture blending well. Pour into buttered casserole dish (8 or 9 in. round). Place casserole dish in larger pan to which 1 in. of water has been added. Place in oven at 350°. After 15 minutes stir pudding, then sprinkle with nutmeg and cinnamon. Bake additional 45 minutes until set and lightly browned.

Kay Faglie  
Riyadh

#### PHILIPPINE DELICACIES

##### PALITAO (FLOAT)

2 C. glutinous rice (sweet rice)  
4 C. water  
2 C. grated coconut  
1 C. sugar  
1 C. linga (toasted sesame seeds)

Soak glutinous rice in water overnight. Grind to make a thick "galapong". Drain off the water by wrapping it in cheesecloth and hanging. Form the drained "galapong" into oval tongues. Drop in boiling water and cook till it floats on top. As each floats, remove from the boiling liquid. Drain and roll in grated coconut. Dredge with linga-sugar mixture before serving.

##### TURRON SABA (BANANA ROLL)

1 doz. ripe saba bananas (cut in two, lengthwise)  
1 C. chopped langka (jackfruit)  
1/2 C. brown sugar  
24 pieces lumpia (eggroll) wrappers  
oil for deep frying

Roll saba halves in sugar. Spread with chopped langka and wrap each piece carefully in lumpia wrapper sealing the edges with fresh water. Deep fry till brown and crispy. Serve with tea or a cold drink.

## **HOMEMADE LUMPIA WRAPPER**

- 1 C. flour**
- 1 C. water**

Mix flour and water, blend well to form a smooth batter. Grease a clean griddle or frying pan very lightly. (Best way to do this is to use a piece of clean cloth or paper, lightly moistened with oil and wipe surface of pan.) Using a paint brush, paint batter thinly over griddle or pan, working fast. Remove with pancake turner as batter dries.

**Telly Noble  
Aurora Sinlao  
Fely Orpilla  
Susan Belda**

**Rose Mendoza  
Ning Ramos  
Zandy Castanaga**

**KKMC**

## **SNOW ICE CREAM**

**SERVES 5**

- 1 14-oz. can condensed milk**
- 1 5.33-oz. can evaporated milk**
- 1 tsp. vanilla  
snow**

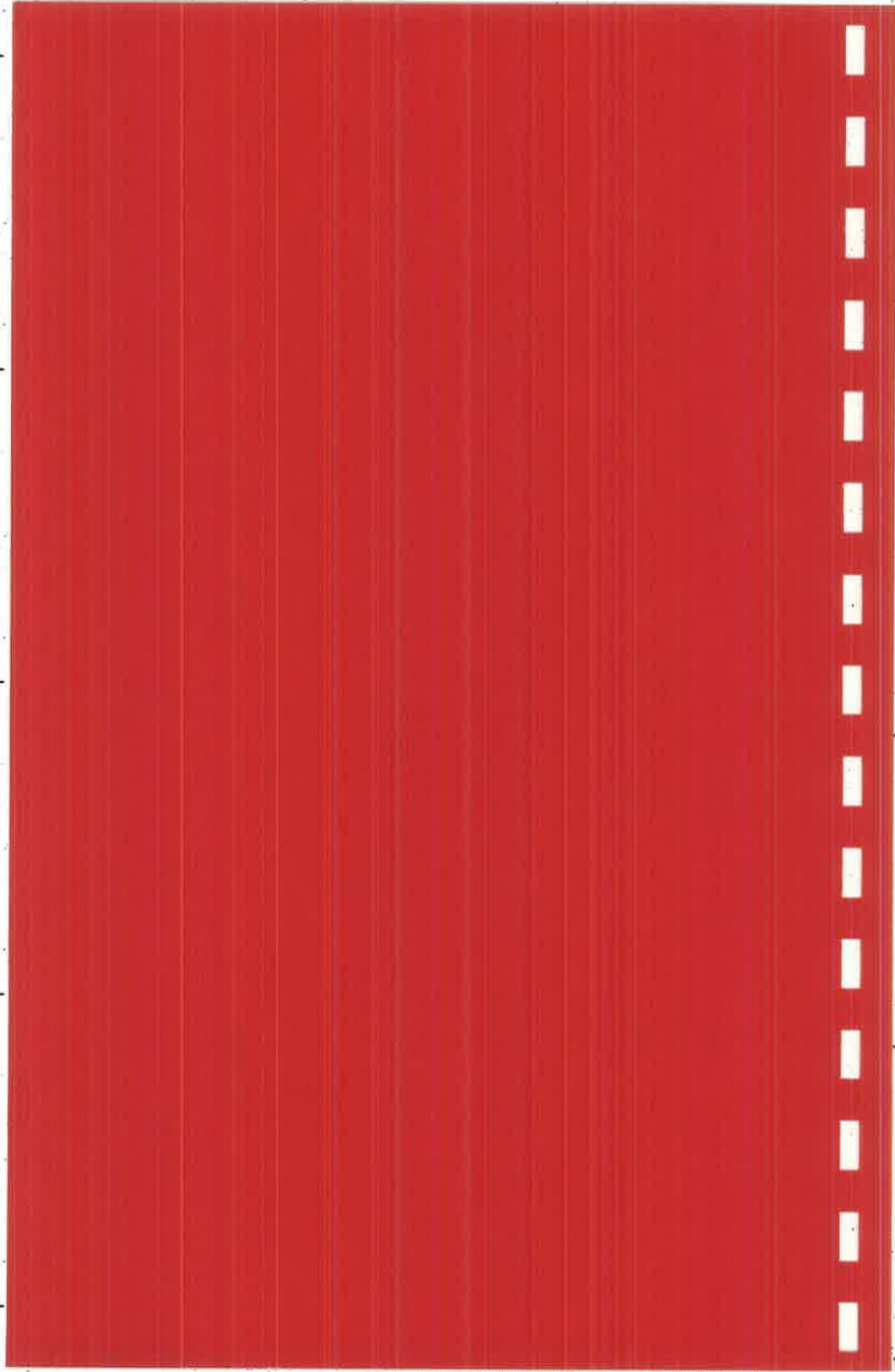
Mix milk and vanilla. Gradually beat in snow until ice cream is of desired consistency.

**Gloria McClendon  
Khamis Mushayt**



My  
Cup  
Runneth  
Over





## BERRY WINE

Berry Wine: (blackberries, blueberries, strawberries, raspberries, etc.)

12 qt. berries  
6 oranges  
6 lemons

Grind 1/2 of the above together. Cut up remaining and mix both together.

Add: 6 gal. of boiling water

Stir: 12 lbs. of sugar (or 9-1/2 lbs. honey)

Let stand one day

Add 1/2 cake yeast (dry) and let stand for 1 week.

Strain in cheese cloth and return to container, add 10 lbs. of sugar or 8 lbs. of honey and mix well and let stand for 4 days.

Bottle and leave uncapped for 1 week in a warm place. After 1 week cap tightly and let stand for 4-6 months.

Jo Enger  
Riyadh

## CITRUS REFRESHER

SERVES 20

1 can (46 oz.) grapefruit juice  
3 C. tangerine juice (1 6-oz. can frozen tangerine  
juice concentrate mixed with water to make 3 cups)  
2 C. gingerale  
1-1/2 C. sliced strawberries

Combine all ingredients except strawberries. Add ice cubes and fruit and refrigerate.

Sue Westerberg  
Riyadh

## CRANBERRY WINE

4 qt. fresh cranberries

- 4 qt. water
- 8 C. sugar

Chop cranberries a cup at a time and put in container large enough to hold entire mixture. Dissolve sugar in 2 qt. water over a low flame; boil for 5 minutes. While still boiling hot, pour over chopped cranberries. Add the remaining 2 qts. of water. When cool, sprinkle 1 pkg. of wine yeast over top and cover with cloth. Will start to work within 2-3 hours. Stir every day for 2 weeks. After 2 weeks, strain fruit through cheesecloth, squeezing as dry as possible. Return to container for 1 week. Siphon off into clear, sterilized bottles. Cork and let set for 6-10 months.

Jo Enger  
Riyadh

#### FRUIT PUNCH

SERVES 30-35

- 3 qts. unsweetened pineapple juice
- juice of 8 lemons
- juice of 8 oranges
- juice of 3 limes
- 2 C. sugar
- 1 C. mint leaves
- 4 qts. gingerale
- 2 qts. plain soda water
- 1 pt. fresh strawberries

Combine pineapple, lemon, orange and lime juice, sugar and mint leaves. Chill thoroughly. Just before serving add gingerale, soda water and strawberries (quartered). Pour over large cake of ice bowl. Float thin pieces of lemon and lime.

\* I use frozen unsweetened strawberries when fresh are not available.

\* I sometimes add rum or vodka for parties.

\* For 10-12 people use 1/3 of recipe.

Betty McReynolds  
Riyadh

#### GLUEHWEIN (HOT SPICED WINE)

Makes eight 6 oz. servings

- 2 bottles dry red wine\*
- 1 to 1-1/2 C. sugar
- 1 stick cinnamon

- 12 whole cloves
- 1 lemon, thinly sliced and seeded
- 1-1/2 orange, thinly sliced and seeded

Combine all ingredients in a large non-aluminum saucepan. Heat until the mixture reaches the boiling point, but do not continue to boil. Strain the mixture through a sieve into heatproof glasses or mugs. Serve hot.

- \* One standard bottle of wine equals approx. 3 cups. Use inexpensive jug wines for making Gluehwein.

Stars and Stripes

#### GRAND MARNIER

- 3 C. Brandy
- 1 C. white sugar
- peel of one orange (no white, peel thin)

Combine and let stand at least 24 hours. Remove peel and decant.

Jo Kielbasa  
Riyadh

#### HEILMAN'S IRISH CREAM

- 1 can Eagle Brand milk
- 12 oz. whipping cream
- 3 eggs
- 1 C. whiskey, rum or vodka
- 1/4 tsp. coconut flavoring
- 1-1/2 Tbsp. Hershey chocolate syrup

Combine all ingredients in blender. Blend on high for 30 seconds until smooth. Put in sterilized jar and store in refrigerator.

Fred Wilson, Jr.  
Texas

#### HIGH-PROTEIN BREAKFAST MUL

SERVES 3-4

- 6 scoops vanilla ice cream
- 1 C. milk
- 1 egg
- 3/4 can frozen orange juice concentrate
- 1 med. sized banana
- 1/4 C. wheat germ
- 4 lg. ice cubes

Mix in blender.

Variations: different fruits, such as pineapple or lemon juice; also, powdered flavorings such as fruit punch mix, cranberry juice, etc.

\* If you keep the basic ingredients: ice cream, milk, egg, and wheat germ, you can have a different drink every day. Nutritious and really starts you off in the morning.

## HOT BUTTERED "T"

The batter:

Cream 1/4 lb. butter with 1 lb. dark brown sugar. Add and mix thoroughly into batter 1/4 tsp. each ground cinnamon, ground nutmeg, ground cloves. To store, refrigerate in covered container.

The drink:

Into each cup or mug place one HEAVING Tbsp. of batter. Add 1-1/2 oz. dark Puerto Rican "T". Fill with boiling water, stir and serve.

This recipe for batter makes a lot of drinks so you may want to cut it in half, or else store the remaining batter. Good for those snowy winter nights

Karin Toomey  
Riyadh

## INSTANT CHRISTMAS NOG

SERVES 8

1 pkg. instant vanilla pudding mix  
1/3 C. sugar  
1 tsp. vanilla  
6 C. milk  
2 eggs, separated  
1/4 tsp. nutmeg

Beat pudding mix, sugar, vanilla, milk and egg yolks together in large bowl. Fold in stiffly beaten egg whites carefully; chill thoroughly. Pour into serving glasses or mugs; sprinkle with nutmeg.

Jo Kielbasa  
Riyadh

## JUBAIL PARTY PUNCH

1 12-oz. frozen lemonade  
1 12-oz. frozen orange juice

- 2 C. strong tea (4 tea bags in 2 C. of water)  
7 C. hot water 2 C. sugar

Mix all together and freeze to serve in punch bowl, equal parts of mix and 7Up (cold)

Julie Fulner  
Riyadh

#### KAHLUA - COFFEE LIQUOR

1. Dissolve 1 oz. instant coffee (YUBAN or Spice Island) in 1 C. of boiling water.
2. Add 2 C. of white sugar...(I put sugar in the blender) dissolve and cool.
3. When cool, pour into qt. bottle and fill with Vodka.
4. Split a vanilla bean in half, length-wise, and drop half into bottle with vodka, etc.
5. Cap and store in cool, dark place for one month.

Do not shake in the interim.

Jo Kielbasa  
Riyadh

#### KAHLUA - TEA MARIA

Makes 1/2 gal.

- 3 C. water  
4 C. sugar  
1/2 C. instant coffee

Combine ingredients and bring to a boil, then simmer 1/2 hour. Let cool then add 3 C. 100 proof Vodka and 1 Tbsp. vanilla. Let sit for one week in jars in cabinet.

Tea Maria:

Same as above but substitute Rum for Vodka.

Jo Kielbasa  
Riyadh

#### ORANGE JULIUS

- 1 (6 oz.) can frozen orange juice

- 1/2 C. canned evaporated milk
- 1/2 C. milk
- 1 C. water
- 1 tsp. vanilla
- 1/2 C. sugar
- 10-12 ice cubes

Combine all ingredients in a blender and blend until foamy.

Sue Westerberg  
Riyadh

Jay Wilson  
Riyadh

#### PARTY PUNCH

Mix:

- 6 C. water
- 3 C. sugar
- 1 lg. can frozen orange juice
- 1 reg. can frozen lemonade
- 1 46-oz. can sweetened grapefruit juice
- 3 well ripened bananas, mashed
- 2 boxes jello (any flavor depending on color you desire)  
prepare as directed on box

Freeze mixture in plastic containers. Thaw three hours before serving. Add 6 quarts of gingerale when serving.

Ruth Dickens  
Riyadh

#### PEACH BRANDY

- 50 peaches, cut in half (leave pits in about 15)
- 7 lbs. sugar
- 2 lbs. seedless raisins
- 2 lbs. dates
- 1 pkg. yeast
- 1 gal. boiled water, cooled

Put all above together in a crock, cover with cloth, stir twice a day for 9 days, strain off liquid through cheesecloth and let stand in crock for about 2 weeks without stirring, siphon off and bottle. Let stand 3-6 months.

Jo Enger  
Riyadh

## P.J.'S PINA COLADAS

- 2 oz. rum, gin or sid
- 2-1/2 oz. cream of coconut
- 3 oz. pineapple juice

While liquifying above ingredients in blender, feed ice cubes until slushy. Store in freezer and blend when required. Double recipe if needed.

P. Johanna deDeugd  
Riyadh

## PINK PUNCH

SERVES 35-40

- 1 lg. 46 oz. can pineapple juice
- 2 C. boiling water
- 2 pkgs. strawberry jello
- 6 C. cold water
- 1/2 C. sugar
- 1 can frozen orange juice
- 1 can frozen lemonade
- 1 qt. gingerale

Add boiling water to jello. Stir until dissolved. Add cold water and juices. Add gingerale just before serving. Garnish punch bowl with slices of lemon or orange. Place a bunch of plastic flowers in center of each slice and let float on top of punch.

Ann Bogaczyk  
Riyadh

## SPICED TEA MIX

- 3/4 C. instant tea mix (lemon-flavored)
- 2/3 C. sugar sweetened lemonade mix
- 1/2 C. Tang (or other orange-flavored instant breakfast mix)
- 1 tsp. ground allspice
- 1/4 tsp. ground cloves

Combine all ingredients and mix well. Store in airtight container.

To serve: For one serving, combine 1 heaping teaspoon or 1 well rounded tablespoon of tea mix with 1 cup boiling water. Stir well to dissolve.

Sue Westerberg  
Riyadh

## SUMMER PUNCH

SERVES 28 cups

- 2 qt. cranberry juice cocktail, chilled
- 2 C. unsweetened pineapple juice, chilled
- 1 qt. sparkling water - Perrier

Combine all ingredients in large bowl. Add ice cubes if desired. Garnish with pineapple chunks if desired.

Sue Westerberg  
Riyadh

## SUNDOWNER

- 1 gal. thermos fill with:
- 1/4 full of ice
- 1 46-oz. can pineapple
- 1 bottle cranberry juice cocktail
- rum (1/3 fifth or to preferred strength)
- granadine (opt)

Top with ice and serve over ice.

Anonymous

## WINE

Makes 19-21 bottles

### ROSE WINE

- 8 - .9 liter bottles apple juice
- 6 - .9 liter bottles white grape juice
- 4 - .9 liter bottles red grape juice
- 8 - 11 C. sugar (8-9 C. for dry wine, 10-11 C. for sweet wine)
- 1 bottle white karo syrup
- 1 pkg. wine yeast dissolved in 1 C. luke warm water

### RED WINE

- 9 - .9 liter bottles red grape juice
- 9 - .9 liter bottles apple juice
- 1 bottle white karo syrup
- 8 - 11 C. sugar (8-9 C. for dry wine, 10-11 C. for sweet wine)
- 1 pkg. wine yeast dissolved in 1 C. luke warm water)

### WHITE WINE

- 12 - .9 liter bottles white grape juice
- 6 - .9 liter bottles apple juice
- 1 bottle white karo syrup
- 8 - 11 C. sugar (8-9 C. for dry wine, 10-11 C. for sweet wine)
- 1 pkg. wine yeast dissolved in 1 C. luke warm water

### CHERRY WINE

- 12 - .9 liter bottles white grape juice
- 6 - .9 liter bottles sour cherry juice
- 1 bottle white karo syrup
- 8 - 11 C. sugar (8-9 C. for dry wine, 10-11 C. for sweet wine)
- 1 pkg. wine yeast dissolved in 1 C. luke warm water

Prepare all wines in same manner. Pour yeast into 1 cup warm water, stir, and let stand. Pour sugar into large saucepan and add one bottle of juice from recipe you are using. Heat on stove until dissolved. Pour remaining juice and karo syrup into 5 gallon container. Add dissolved sugar mixture and yeast and stir well. Put on air lock or plastic sandwich bag with rubber band around it. Watch wine and when ALL bubbles are gone from the top (3-10 weeks) rack from one container to another. Let stand 24 hours and then bottle.

Martha Holton  
Riyadh

### ARABIC COFFEE

SERVES 14 Arabic cups

Arabic coffee is unsweetened and flavored with cardamom. In the old Bedouin tradition, it is the man's work to prepare the coffee. The coffee beans are roasted then pounded to a powder with a pestle in a brass mortar. The coffee is cooked to the boiling point, then poured into a brass pot (gahwa), adding crushed cardamom seeds. The spout of the pot is stuffed with a piece of palm fiber which acts as a strainer. The coffee is poured into tiny handleless coffee cups. When one has had enough to drink, he wiggles the cup from side to side, indicating he is finished.

Simplified version:

- 2 C. of water
- 2 Tbsp. Arabic coffee
- 1/2 tsp. cardamom

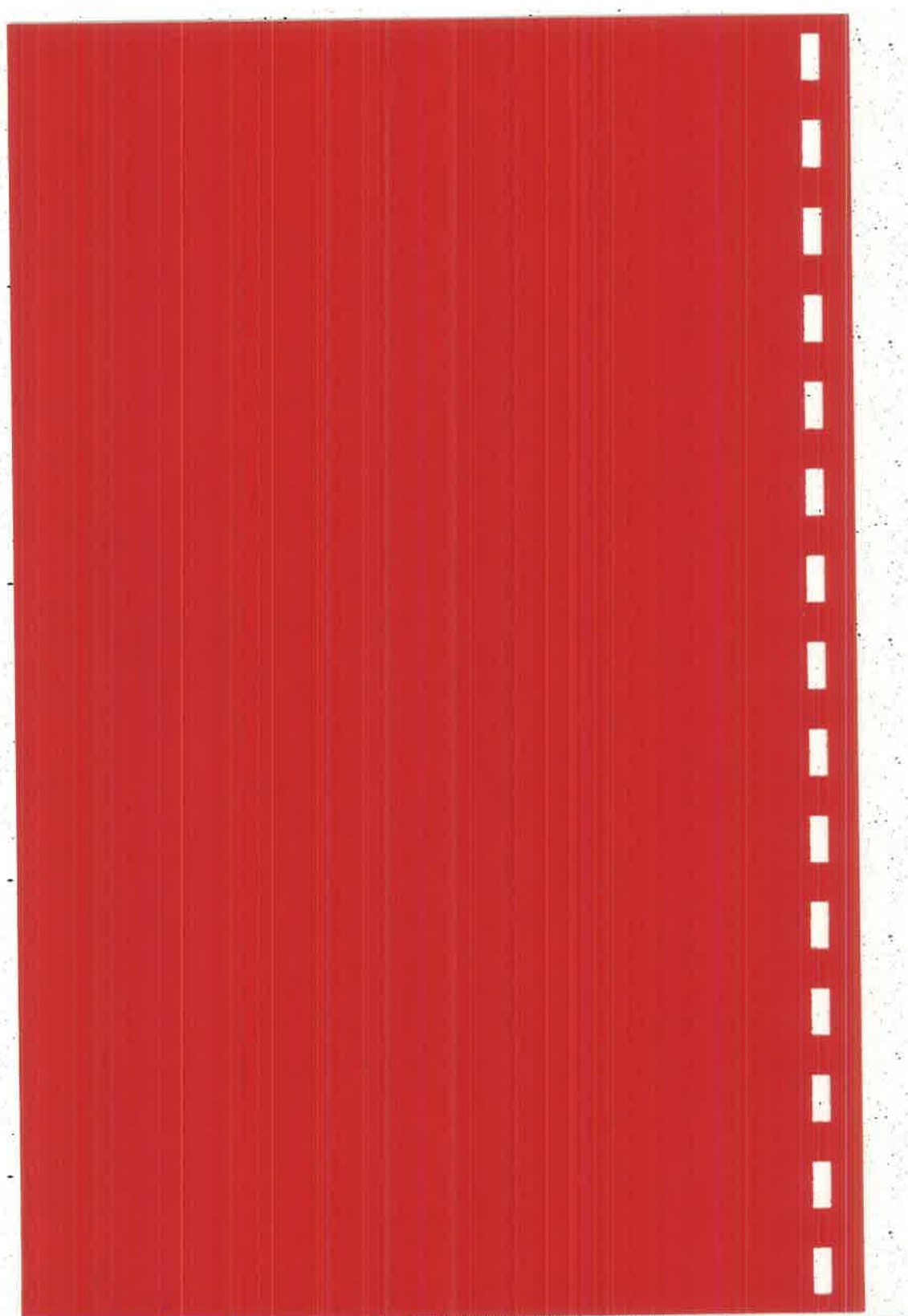
Place water in gahwa pot, add coffee and cardamom. Bring to a boil, remove from heat and allow to settle. Pour into demitasse cups.

Hiyam Ramini  
Riyadh



Etc...





## ARAB SPICES

### Meccan Spice:

- 1 part hot pepper (cayenne)
- 2 parts sweet pepper (paprika)
- 2 parts cinnamon

### Taklia:

ground coriander

crushed garlic, sauteed in hot olive oil

## CAMEMBERT a' la vierge

SERVES 2

- 1 round of camembert (or brie)
- 2-3 Tbsp. flour
- 1 egg beaten with 1 Tbsp. milk
- 1/2 tsp. salt (optional)
- 1 C. dry bread crumbs
- 3 Tbsp. butter
- 1 clove garlic, halved

Take the wheel of camembert that is ripe, not yet too runny, slice in half through the full circle, so that you have 2 circles of cheese. Take and dredge the round first in flour, then egg, then the bread crumbs and salt. Once again in the egg and again the bread crumbs. The crust should be rather thick. Melt butter in a skillet over medium heat with the garlic - remove garlic when butter is completely melted.

Saute the cheese wheels until browned and crisp on each side - 3 minutes a side is about right. Serve at once with good bread and a salad and fruit.

Cheryl Faulkner-Kilby  
Riyadh

## CINNAMON HONEY BUTTER

- 1/2 C butter or margarine, softened
- 2 tsp. honey
- 1/4 tsp. ground cinnamon

In small mixer bowl, beat butter or margarine on low speed of electric mixer til fluffy. Add honey and cinnamon; beat til light. Turn mixture into a small crock or bowl. Cover and refrigerate 2-24 hours.

Before serving: Let butter mixture stand at room temperature for 15 minutes. Serve with fresh hot rolls or bread.

Sue Westerberg  
Riyadh

## PACHYDERM FRICASSEE

SERVES 3,800

- 1 lg. elephant  
brown gravy  
salt and pepper
- 2 rabbits (optional)

Cut the elephant into bite size pieces. This should take about 2 months. Add brown gravy to cover and salt and pepper to taste. Cook over a kerosene fire for about 4 weeks at 465°. This is sufficient to serve 3,800 people. If more guests are expected, 2 rabbits may be added, but do this only if necessary as most people do not like to find hare in their stew.

Major Martin C. Fisher  
Riyadh

## RAINY DAYS

Men may conquer their mountains  
And fly to the moon in their planes  
But none of their feats are equal  
To being stuck with three kids when it rains.

## NO COOK PLAY DOUGH

- 1 C. salt  
C. flour
- 1 Tbsp. salad oil  
food coloring  
water

Mix dry ingredients, add oil. Add food coloring to water. Slowly add water until desired consistency is reached.

## FINGER PAINT

Mix together dry tempera colors with either liquid detergent or liquid starch and use as finger paint.

## CREATIVE CLAY

- 1 lb. package baking soda

- 1 C. cornstarch
- 1-1/4 C. cold water
- food coloring

Mix soda and cornstarch together. Add water. Cook and stir over low heat until consistency of mashed potatoes. Remove from heat and cover with damp cloth until cool enough to handle. Use for play dough. Clay dries very hard. Store in plastic bag to keep from drying out. Clay may be colored with food coloring added to the water or painted with tempa when dry.

#### SOAP BUBBLES

- 2 C. warm water
- 2 Tbsp. liquid detergent
- 1 Tbsp. sugar
- 1 Tbsp. glycerine (opt)

Combine ingredients. Glycerine will make bubbles iridescent. Blow bubbles through wire loops or spools. To make lots of bubbles outdoors, place fly swatter on soapy water and swing it around.

-all by Gloria McClendon  
Khamis Mushayt

#### CHILDREN'S EASY ORNAMENT DOUGH

- 2 C. flour
- 1/2 C. salt
- food coloring or paint
- hair spray (optional)
- 1/2 C. water
- 1 Tbsp. cooking oil

1. Pour ingredients into bowl and knead for 5 minutes. If using food coloring, add it to water before mixing with other ingredients.
2. Shape or roll and cut. (3-D ornaments take longer to "cook".)
3. Bake at 150° for 5 - 7 hours or 350° for 1 - 2 hours. (The higher the temperature, the more risk of cracking.)
4. Paint with tempa and spray with hair spray for dull finish.

Susan Shadis  
Khamis Mushayt

## HINTS FOR THE KITCHEN

### VEGETABLES:

**Wilted:** (1) Pick off the brown edges; sprinkle with cool water, wrap in a towel and refrigerate for about an hour. (2) Add a couple of drops of lemon juice to a bowl of cold water and soak for about an hour in the refrigerator. (3) Quickly dip in hot then cold (ice) water with a little apple cider vinegar added.

**Scorched:** Set the pot in a pan of cold water and let stand for 15-30 minutes. Do NOT scrape the bottom of the pan. No one will know that the vegetables were scorched!

### POTATOES:

**Baking:** When in a hurry, boil the potatoes in salted water for about 10 minutes before putting them into a very hot oven.

### ONIONS:

**No Tears:** To chop without tears refrigerate before chopping, peel under cold water, or occasionally rinse hands under cold water while chopping.

### EXCESS FAT REMOVAL:

**Broiling:** Place one slice of bread in the broiler pan to soak up the dripping fat. This not only will prevent smoking of the fat, it also reduces the chances of the fat catching fire.

**Deep Fry:** Add one tablespoon of vinegar to the fat in which you are going to deep fry. This will keep the food from absorbing too much of the fat and will eliminate the greasy taste.

### PREVENT STICKING and SPATTERING:

(1) When sauteing or frying, heat the pan before adding the butter or oil. Not even eggs will stick with this method. (2) Sprinkle a dash of salt in pan to eliminate spattering. (3) Place a hot towel under the hot muffin pan to help them slide right out.

### BOIL OVERS:

Add a lump of butter or a few teaspoons of oil to the water;

this not only prevents boil-overs, it also keeps noodles, rice, etc. from sticking together.

#### MEASURING STICKY LIQUIDS:

Oil the cup with cooking oil and rinse with hot water.

#### "TIN" FLAVOR REMOVAL

(1) A few drops of lemon juice will eliminate "tinned" taste in canned meats. (2) A squeezed slice of lime or lemon in a canned soda will remove "tin" taste.

#### SOFTEN BROWN SUGAR:

(1) Place one slice of soft bread in the package and seal tightly; in a couple of hours, the sugar will be soft again. (2) Put sugar in a covered pan with a cup of water next to it. Keep in low temperature oven for awhile (This will also work for hardened coconut and marshmallows.).

#### TOO SWEET:

(1) Add salt. (2) In a main dish or vegetable, add one teaspoon of vinegar.

#### TOO SALTY:

(1) If possible, make a second batch and omit the salt; the combined batches will lessen salty taste--freeze one batch for later use.

#### UNMOLDING GELATIN:

First, rinse mold under cold water, then coat with salad oil. The gelatin should slide right out and have an appealing shine to it. Or, spray pan with PAM.

#### STUBBORN CATSUP:

To get catsup out of the bottle, stick a drinking straw into the bottle - try to insert to bottom of bottle, then remove. This will allow for enough air to be admitted to start an even flow.

## MICROWAVE HINTS OR TIPS

To peel fresh peaches or tomatoes easily, heat on High for 10 - 20 seconds according to size and quantity. Then let stand for 10 minutes before peeling.

Warm lemons, limes, oranges or grapefruit on High for 15 seconds to release more juice and flavor. Let stand 3 minutes before squeezing.

To soften 1 cup of hard brown sugar, add a slice of white bread or an apple wedge and heat, covered, on High for 30 - 45 seconds.

Crisp a plateful of stale crackers or chips on High for 45 seconds to 1 minute.

To soften raisins or other dried fruit, add 1 - 3 teaspoons of water or other liquid and cover. Heat on High for 15-30 seconds. Let stand 2 - 3 minutes. Drain

## SUBSTITUTIONS

<u>INGREDIENT</u>	<u>QUANTITY</u>	<u>SUBSTITUTE</u>
baking powder	1 tsp. double acting	1/4 tsp. baking soda plus 1/2 C. buttermilk or sour milk or 1/2 level tsp. cream of tartar plus 1/4 tsp. baking soda
chocolate	1 square, unsweetened	3 Tbsp. cocoa plus 1 Tbsp. shortening
cream	1 C. heavy cream	1/3 C. buttermilk plus 3/4 C. milk
flour	1 C. cake flour	7/8 C. all purpose flour or 1 C. minus 2 Tbsp.
	2 Tbsp. all purpose flour	1 Tbsp. cornstarch, ricestarch or arrowroot or 2 Tbsp. instant mashed potatoes, cornmeal or tapioca
herbs	1 Tbsp. fresh	1 tsp. dried

milk	1 C. whole milk	1/2 C. evaporated milk plus 1/2 C. water or 1/3 C. instant nonfat dry milk plus 1 C. minus 1 Tbsp. water
	1 C. buttermilk or sour milk	1 Tbsp. lemon juice plus sweet or sour milk to make 1 C.
yeast	1 cake compressed	1 pkg. or 2 tsp. active dry yeast
cornstarch	1 Tbsp.	2 Tbsp. flour or 4 tsp. quick cooking tapioca
prepared mustard	1 Tbsp.	1 tsp. dry mustard
garlic	1 clove	1/8 tsp. garlic powder
NO eggs		If you omit an egg, increase liquid in recipe by 3-4 Tbsp. for each egg omitted.
NO whipped cream		Add a slice of banana to the white of an egg. Beat with an egg beater until stiff. The banana will completely dissolve.
NO Bisquick		8 C. flour 1-1/3 C. nonfat dry milk 1/3 C. baking powder 1 tsp. salt 1 C. solid shortening Blend together. Put in air tight container and keep in cool place. Will keep 2-3 months.

NO sweetened con-  
densed milk

1/2 C. warm water  
1 C. plus 2 Tbsp.  
instant non-fat dry  
milk 3/4 C. sugar.  
Put water and milk  
in blender. Blend a  
few seconds. Add  
sugar and blend  
until smooth.

#### ALTERNATE PAN CHART

If your recipe calls for:	You may use:
Three 8 x 1-1/2 inch layers	Two 9 x 9 x 2 inch layers
Two 9 x 1-1/2 inch layers	Two 8 x 8 x 2 inch layers
One 9 x 5 x 2 inch loaf	One 9 x 9 x 2 inch layer
One 9 x 3-1/2 inch angel cake tube pan	One 10 x 3-3/4 inch Bundt pan or 9 X 3-1/2 inch fancy tube pan

#### Emergency Baking Dish Substitution When Necessary

When the recipe calls for a:

4 cup baking pan or dish, use:

9 inch pie plate  
1 quart souffle dish

6 cup baking pan or dish, use:

9 X 1-1/2 inch layer cake pan  
8 X 4 X 3 inch loaf pan  
10 inch pie plate

8 cup baking pan or dish, use:

8 X 8 X 2 inch pan or dish  
11 X 7 X 1-1/2 inch pan  
9 X 5 X 3 inch loaf pan

When using the shallow dishes, a time and temperature  
adjustment may be necessary.

# HORS D'OEUVRES:

BARBECUE SAUCE/SIMPLE MEATBALLS . . . . .	14
BEAN DIP . . . . .	2
BEEF JERKEY . . . . .	10
BENEDICTINE SPREAD . . . . .	2
CANADA GRASS DIP . . . . .	4
CHEESE BALL . . . . .	1
CHEESE BALL . . . . .	1
CHEESE BALL . . . . .	1
CRABMEAT DIP . . . . .	5
CRABWICHES . . . . .	11
DIP FOR RAW VEGETABLES . . . . .	8
EMPANADAS . . . . .	13
FRIED WON TON . . . . .	22
FRIED WONTONS . . . . .	23
GUACAMOLE . . . . .	5
HOLLANDSE KAASDOAP (DUTCH CHEESE DIP) . . . . .	6
HOT BEEF DIP . . . . .	4
HOT CHIPPED BEEF . . . . .	3
HOT CLAM DIP . . . . .	4
HOT CRAB DIP . . . . .	5
HOT TACO DIP . . . . .	9
HUMMOS . . . . .	6
KIBBEH - "A Saudi Treat" . . . . .	12
LITTLE ITALIAN MEATBALLS . . . . .	15
LUMPIA . . . . .	13
LUMPIA WRAPPER . . . . .	14
MEXICAN PIZZA . . . . .	16
MEXICAN REFRIED BEAN DIP . . . . .	3
MINI TACOS . . . . .	21
NORIMAKI . . . . .	16
OLIVE CHEESE BALLS . . . . .	2
PARTY MEATBALLS . . . . .	15
PETITE CHEESE CUPS . . . . .	11
ROYAL CHEESE CROWNS . . . . .	10
RUMAKE . . . . .	17
RYE BREAD DIP . . . . .	7
SALMON PARTY LOG . . . . .	17
SAMBOOSIK (Saudi Meat Pies) . . . . .	18
SANTA FE TOSTADA . . . . .	9
SEVICHE . . . . .	18
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SPINACH DIP . . . . .	8
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VEGETABLE DIP . . . . .	9

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BANANA BREAD . . . . .	46
BARBARA'S DATE & WALNUT BREAD . . . . .	47
BATTER BREAD . . . . .	28
BLUEBERRY MUFFINS . . . . .	42
CARMEL ROLLS . . . . .	44
CARUSIKI . . . . .	45
CINNAMON TWIST COFFEECAKE . . . . .	38
CORN LIGHTBREAD . . . . .	40
CORN PONE . . . . .	42
CRANBERRY-ORANGE BREAD . . . . .	47
CRESCENT ROLLS . . . . .	37
CRULLERS . . . . .	38
DANISH PUFF . . . . .	45
FASTNACHTSKRAPFEN (BERLINER PFANNKUCHEN) . . . . .	39
FINNISH COFFEE BREAD . . . . .	40
FRENCH BREAD . . . . .	29
FRENCH BREAKFAST PUFFS . . . . .	42
FRESH CORN CAKES . . . . .	41
FRIDAY MORNING PANCAKES . . . . .	43
HERB BISCUITS . . . . .	25
HONEY WHOLE-WHEAT BREAD . . . . .	30
INDIAN CORN BREAD . . . . .	41
ITALIAN BISCUITS . . . . .	25
ITALIAN BREAD . . . . .	31
OLIVE BREAD . . . . .	48
ONION-CHEESE BREAD . . . . .	31
OYSTER-CORNBREAD DRESSING . . . . .	50
PUMPERNICKEL BREAD . . . . .	32
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PUMPKIN BREAD . . . . .	48
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QUICKIE CINNAMON ROLLS . . . . .	45
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REFRIGERATOR-RISE WHITE BREAD . . . . .	34
REFRIGERATOR-RISE WHOLE-WHEAT BREAD . . . . .	34
RYE-OATMEAL BREAD . . . . .	35
SAUDI BREAD (PITA OR ARABIAN FLAT BREAD) . . . . .	27
SOUR CREAM MUFFINS . . . . .	43
SPECKKUCHEN (BACON BREAD) . . . . .	27
SPINACH BREAD . . . . .	49
SPOON ROLLS . . . . .	37
STRAWBERRY NUT BREAD . . . . .	49

SWEDISH OVEN PANCAKES . . . . .	44
TEDDY BEAR BREAD . . . . .	36
WHITE BATTER BREAD . . . . .	29
WHOLE-WHEAT SESAME CRACKERS . . . . .	51
ZUCCHINI BREAD . . . . .	50

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BAKED CHICKEN SALAD . . . . .	70
BEEF AND MUSHROOM SALAD . . . . .	69
BLUE CHEESE DRESSING . . . . .	73
BROCCOLI ONION SOUP . . . . .	53
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CELERY SEED DRESSING . . . . .	73
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CHICKEN ALMOND SALAD . . . . .	71
CHRISTMAS LAYERED SALAD . . . . .	57
CITRUS SESAME DRESSING . . . . .	74
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CRANBERRY SALAD . . . . .	58
CREAMY CUCUMBER DRESSING . . . . .	74
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DELECTABLE MUSTARD DRESSING . . . . .	74
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DIPPING SAUCE FOR TEMPURA . . . . .	78
FLORENTINE SALAD . . . . .	64
FOUR FRUITED SALAD . . . . .	58
FRUITED SUMMER CHICKEN SALAD . . . . .	70
GERMAN POTATO SALAD . . . . .	66
GERMAN SLAW . . . . .	67
GRECIAN DELITE SALAD DRESSING . . . . .	75
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HERB AND GARLIC VINAIGRETTE . . . . .	75
HOT AND SOUR SHRIMP SALAD . . . . .	72
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LAYERED SALAD . . . . .	65
LAYERED SALAD . . . . .	65
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TABBOULEH . . . . .	68
TACO SALAD . . . . .	72
THE BEST TEMPURA BATTER EVER . . . . .	78
TOFU DRESSING . . . . .	76
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UKRAINIAN BORSCHT . . . . .	56
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BROCCOLI CASSEROLE . . . . .	83
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